

Trenton H. Norris (California State Bar No. 164781)
 Sarah Esmaili (California State Bar No. 206053)
 ARNOLD & PORTER LLP
 90 New Montgomery Street, Suite 600
 San Francisco, CA 94105
 Telephone: (415) 356-3000
 Facsimile: (415) 356-3099
 Email: trent.norris@aporter.com
 Email: sarah.esmaili@aporter.com

Peter L. Zimroth (*pro hac vice*)
 Kent A. Yalowitz (*pro hac vice*)
 Nancy G. Milburn (*pro hac vice*)
 ARNOLD & PORTER LLP
 399 Park Avenue
 New York, NY 10022
 Telephone: (212) 715-1000
 Facsimile: (212) 715-1399
 Email: peter.zimroth@aporter.com
 Email: kent.yalowitz@aporter.com
 Email: nancy.milburn@aporter.com

Attorneys for Plaintiff
 CALIFORNIA RESTAURANT ASSOCIATION

UNITED STATES DISTRICT COURT
NORTHERN DISTRICT OF CALIFORNIA
OAKLAND DIVISION

CALIFORNIA RESTAURANT
 ASSOCIATION,

Plaintiff,

v.

THE COUNTY OF SANTA CLARA and
 THE SANTA CLARA COUNTY PUBLIC
 HEALTH DEPARTMENT,

Defendants.

No. CV-08-03685 CW
 (Related to No. CV-08-03247 CW)

**DECLARATION OF STEPHANIE
 QUIRANTES SUPPORT OF
 PLAINTIFF'S MOTION FOR
 DECLARATORY RELIEF AND A
 PRELIMINARY INJUNCTION**

Hearing Date: August 28, 2008
 Hearing Time: 2:00 p.m.
 Courtroom: Courtroom 2, 4th Floor

The Honorable Claudia Wilken

Complaint filed: July 22, 2008
 Notice of Removal filed: August 1, 2008

E-FILED

Jul 24, 2008 3:07 PM

David H. Yamasaki
Chief Executive Officer/Clerk
Superior Court of CA, County of Santa Clara
Case #1-08-CV-117885 Filing #G-9873
By M. Rosales, Deputy

Trenton H. Norris (California State Bar No. 164781)
Sarah Esmaili (California State Bar No. 206053)
ARNOLD & PORTER LLP
90 New Montgomery Street, Suite 600
San Francisco, CA 94105
Telephone: (415) 356-3000
Facsimile: (415) 356-3099
Email: trent.norris@aporter.com
Email: sarah.esmaili@aporter.com

Peter L. Zimroth (*pro hac vice* admission pending)
Kent A. Yalowitz (*pro hac vice* admission pending)
Nancy G. Milburn (*pro hac vice* admission pending)
ARNOLD & PORTER LLP
399 Park Avenue
New York, NY 10022
Telephone: (212) 715-1000
Facsimile: (212) 715-1399
Email: peter.zimroth@aporter.com
Email: kent.yalowitz@aporter.com
Email: nancy.milburn@aporter.com

Attorneys for Plaintiff
CALIFORNIA RESTAURANT ASSOCIATION

**SUPERIOR COURT OF THE STATE OF CALIFORNIA
COUNTY OF SANTA CLARA**

CALIFORNIA RESTAURANT
ASSOCIATION,

Plaintiff,

v.

THE COUNTY OF SANTA CLARA and
THE SANTA CLARA COUNTY PUBLIC
HEALTH DEPARTMENT,

Defendants.

Case No. 1-08-CV-117885

**DECLARATION OF STEPHANIE
QUIRANTES IN SUPPORT OF
PLAINTIFF'S MOTION FOR
DECLARATORY RELIEF AND A
PRELIMINARY INJUNCTION**

Date: August 15, 2008
Time: 9:00 a.m.
Dept: 8

Action filed: July 22, 2008

E-FILED: Jul 24, 2008 3:07 PM, Superior Court of CA, County of Santa Clara, Case #1-08-CV-117885 Filing #G-9873

1 I, STEPHANIE QUIRANTES, declare:

2 1. I provide this declaration in support of Plaintiff's Motion for Declaratory Relief and
3 a Preliminary Injunction. If called as a witness, I could and would competently testify to the
4 matters set out in this declaration.

5 2. I am the Nutrition Manager for Burger King Corporation ("BKC"). I have served as
6 BKC Nutrition Manager for three months. I earned a Bachelors of Science in Dietetics and
7 Nutrition from Florida State University in 1992, and I earned a Masters of Science in Nutrition at
8 Florida International University in 2000. I have served as an adjunct professor at both Florida
9 International University and Miami Dade County Community College, where I taught various
10 nutrition-related classes. I have worked as a dietician and nutritionist in a number of clinical
11 settings. Most recently, before I took the position at BKC, I worked as a consultant in Nestle
12 USA's nutritional division. I am Registered Dietitian.

13 3. As BKC's Nutrition Manager, I play an integral part in developing and implementing
14 BKC's nutrition strategy. I serve as a resource for the company product development teams,
15 suggesting ways to improve the nutrition content of particular foods and to ensure that the overall
16 menu we offer to customers has a better, more healthful nutritional profile. I am also responsible
17 for enhancing and improving BKC's nutrition information and education program to meet the needs
18 of our customers who are increasingly interested in dietary issues.

19 **BKC's Approach to Providing Nutrition Information**

20 4. BKC has been providing nutrition information to customers for more than ten years.
21 Each year we have provided more extensive nutrition and health information to consumers. Two
22 facts support BKC's approach to providing nutrition information to consumers.

23 5. First, to achieve a healthy diet, consumers must account for several nutritional
24 components while being physically active. While calories play an important role in weight
25 management, most nutritionists agree that overemphasis on one or a few nutrients is unlikely to help
26 consumers properly manage their diet or health. For instance, proper weight management requires
27 controlling both calories consumed and calories expended in physical activity. Many overweight or
28 obese individuals have more health concerns than just weight alone, such as diabetes, high blood

E-FILED: Jul 24, 2008 3:07 PM, Superior Court of CA, County of Santa Clara, Case #1-08-CV-117885 Filing #G-9873

1 pressure, and high cholesterol, all of which can play a role in the development of heart disease.
2 Therefore, BKC seeks to make nutritional information meaningful by placing it in the context of
3 customers' overall dietary needs. This approach is based on principles set forth in the 2005 U.S.
4 Dietary Guidelines, a joint publication of the Department of Health and Human Services and the
5 Department of Agriculture, which provides authoritative advice on proper dietary habits. A copy of
6 the U.S. 2005 Dietary Guidelines is attached to the separate volume entitled "Appendix" (which
7 accompanies this motion) at Tab A.

8 6. Second, the International Food Information Council (IFIC) Foundation has
9 conducted two studies showing that there is a disconnect between consumers' general interest in
10 eating healthier foods and controlling their weight, on the one hand, and their state of knowledge
11 about the daily recommended intake of such nutrients, on the other hand. Researchers have found,
12 for example, that nearly ninety percent of those studied could not correctly estimate the
13 recommended number of calories per day for a person of their age and weight. See IFIC
14 Foundation Food and Health Survey: Consumer Attitudes toward Food, Nutrition and Health 2006
15 at 16-17 (copy attached to the Appendix at Tab B); IFIC Foundation 2007 Food and Health Survey:
16 Consumer Attitudes toward Food, Nutrition and Health at 9-10 (copy attached to the Appendix at
17 Tab C).

18 **BKC's Effort to Provide Nutrition Information to Customers**

19 7. Recognizing these facts, BKC has taken several steps to provide consumers with
20 nutrition information and easy-to-use tools which enable them to use that information to manage
21 their daily dietary needs.

22 8. First, BKC requires that each U.S. Burger King® restaurant post a comprehensive,
23 easy-to-use nutrition poster in a prominent place in the dining area, usually at the end of the queue
24 line. The nutrition poster, which is in full color and measures two feet by three feet, provides
25 extensive nutrition information for all of our core menu items, including: name of the item, portion
26 size (small, medium, large), serving size (in grams), calories, fat, saturated fat, trans fat, cholesterol,
27 sodium, carbohydrates, dietary fiber, sugars, and protein. To assist those customers who are
28 interested in more healthy options, the nutrition poster provides, for example, nutrition values of our

E-FILED: Jul 24, 2008 3:07 PM, Superior Court of CA, County of Santa Clara, Case #1-08-CV-117885 Filing #G-9873

1 Whopper® sandwiches both with and without mayonnaise, and of our salads with a choice of
2 dressing. The nutrition poster also lists the ingredients for each menu item for those customers with
3 food allergies.

4 9. The nutrition poster contains a section entitled "What's Your Eating Strategy?"
5 subtitled "Stay calorie conscious and eat like a king!" in which we advise consumers on how to use
6 nutrient information to manage their caloric, fat and sodium intake, via the "Quick Nutrition
7 Guide." The recommendations are based on recognized authorities, such as the American Heart
8 Association and the 2005 U.S. Dietary Guidelines. The "What's Your Eating Strategy?" section
9 also suggests various menu ideas for main course, side and beverage menu items and offers tips to
10 consumers on Burger King® items that may be prepared in ways that lower their caloric and fat
11 content. The nutrition poster makes these numbers meaningful by anchoring them to the Present
12 Daily Values based on a 2000 calorie daily intake for these nutrients. The section reminds
13 customers to balance calorie intake with their level of physical activity in order to properly manage
14 their weight.

15 10. Second, BKC's website at www.bk.com contains an extensive section on nutrition,
16 receiving an average of 76,866 visits per month. There, customers can access a variety of nutrition
17 information.

18 a. Customers can download materials containing the nutrition profile of each of
19 BKC's core menu items, including calories, total fat, saturated fat, trans fat, cholesterol, sodium,
20 carbohydrates, fiber, sugars and protein. These nutrition materials are attached to this Declaration
21 as Exhibit A.

22 b. Customers can use the interactive "Build A Meal" function where they plan a
23 meal and the website calculates the meal's nutrition content. The "Build A Meal" site receives
24 approximately 46,479 visitors a month.

25 c. To give this information context, the website introduces several healthy
26 eating strategies in the "Tools to eat well!" section, a copy of which is attached to this Declaration
27 as Exhibit B. Here, we explain to customers the importance and ease of using MyPyramid.gov (the
28 Department of Agriculture's interactive internet tool which helps customers follow the 2005 U.S.

E-FILED: Jul 24, 2008 3:07 PM, Superior Court of CA, County of Santa Clara, Case #1-08-CV-117885 Filing #G-9873

1 Dietary Guidelines) to plan their diet. We also remind customers that the key to weight
2 management is maintaining an energy balance through caloric intake and physical exercise. We
3 further suggest that they visit the "Meal Planning" website sections for additional assistance.

4 d. In the website's Meal Planning sections, we provide more detailed nutrition
5 planning assistance, depending on each customer's dietary need or interest in managing a particular
6 nutrient – either calories, fat or carbohydrates. "Watching Calories?" provides information on
7 Burger King® foods that fit into different calorie ranges; "Interested in Lowering the Fat?" gives
8 food choices under 20 grams of fat, and "Counting Carbs" gives food choices that are low in carbs.
9 Copies of these three sections are attached to this Declaration as Exhibit C. These Meal Planning
10 sections provide tips on how to reduce consumption of the particular nutrient and point to Burger
11 King® menu items consistent with this goal. In the "Eating Strategy" section (attached to this
12 Declaration as Exhibit D), we reinforce the "What's Your Eating Strategy?" information from the
13 in-store nutrition poster, providing customers with a short list of healthier menu items along with
14 their nutrition content and their Percentage Daily Values. This Eating Strategy section also
15 hyperlinks customers to MyPyramid.gov, the 2005 U.S. Dietary Guidelines, and additional federal
16 dietary guidelines for children. BKC is proud to be the first quick service restaurant that links
17 directly to the government's MyPyramid.gov site.

18 11. Third, since March 2007, BKC has sponsored Healthy Dining Finder. Healthy
19 Dining Finder is a public interest group created by nutritionists and public health experts. With
20 partial funding by the Centers for Disease Control and Prevention, the group created a website
21 featuring participating restaurants' food items that meet the strict Healthy Dining criteria for
22 nutritious food. Through the Healthy Dining Finder website at healthydiningfinder.com, consumers
23 throughout the country can learn of the healthier food options available at nearby restaurants, along
24 with the food items' corresponding nutritional value. Currently, six of our menu items are listed on
25 the Healthy Dining Finder website. The nutrition section of our website provides a hyperlink to the
26 Healthy Dining Finder website. Our customers are using Healthy Dining Finder, with the Burger
27 King® section receiving 83,102 hits since March 2007. We expect this number to increase as more
28

E-FILED: Jul 24, 2008 3:07 PM, Superior Court of CA, County of Santa Clara, Case #1-08-CV-117885 Filing #G-9873

1 consumers become aware of the service. All Burger King® restaurants have received decals to
2 display in their windows that Burger King® restaurants participate in *Healthy Dining Finder*.

3 12. Fourth, many Burger King® restaurants have available for consumers brochures
4 which provide comprehensive information about the nutritional values of our menu items.
5 Consumers can take the brochures home with them and refer to them as needed. Starting in August
6 2008, our restaurants will be required to have these brochures available. A current brochure is
7 attached to this Declaration as Exhibit E.

8 13. Fifth, BKC is providing tray liners containing the U.S.D.A.'s MyPyramid nutrition
9 information and messages directed to children regarding good nutrition. We also suggest on the
10 tray liners that customers visit our website to customize their menu choices through the "Build A
11 Meal" function.

12 14. Finally, BKC offers customers more nutritious menu options. On its value meals
13 (which are numbered combinations of main course, side dish and beverage and can be ordered by
14 number), customers can, in many U.S. markets, replace French Fries with a side salad at no
15 additional cost. For children's value meals, we offer a side of "Apple Fries" (fresh apple slices cut
16 in the shape of a French fry) instead of French Fries, and milk or apple juice instead of soft drinks.
17 Currently, we are offering a new children's meal which meets our strict nutrition criteria we
18 developed for the Children's Food and Beverage Advertising Initiative in September 2007. We also
19 offer customers the *BK Veggie® Burger* and meal size *Tendergrill™* Chicken Salads. Customers
20 may order a lower fat version of our *Whopper®* sandwich which omits the mayonnaise. Our poster
21 specifically points out to customers the amount of calories and fat that can be saved by ordering
22 many sandwiches without mayonnaise.

23 **Objections to Ordinance NS-300.793**

24 15. BKC strongly disagrees with Santa Clara County's Ordinance NS-300.793 (the
25 "Ordinance") which requires us to isolate and post calorie information on menu boards in our
26 restaurants. As most nutritionists know, overemphasis on any one nutrient such as calories can
27 interfere with consumers obtaining a healthy, varied diet. Rather, BKC believes that nutrition
28 information must be provided within the broader context of what it means to have a healthy diet,

E-FILED: Jul 24, 2008 3:07 PM, Superior Court of CA, County of Santa Clara, Case #1-08-CV-117885 Filing #G-9873

1 with an emphasis on consumers acquiring an energy balance while moderating intake of nutrients
2 such as sodium, fats, trans fats and cholesterol. This holistic approach, well-established among
3 nutrition experts, is a main focus of the 2005 U.S. Dietary Guidelines. It also guides how BKC and
4 Burger King® restaurants currently provide nutrition information to customers.

5 16. While calories are important, BKC disagrees with the message that the Santa Clara
6 County Ordinance requires us to communicate to our customers. Limiting the information on menu
7 boards to a single nutrient as a guideline to the healthfulness of a particular food can be misleading
8 and can cause consumers to make the wrong food choice for themselves. Some higher calorie food
9 items have higher nutritional value than some lower calorie foods (e.g., 100% fruit juice or 1% low
10 fat milk vs. diet soda). People need to consume a range of nutrients each day in order to achieve a
11 healthy and balanced diet. Some low calorie foods have lower nutritional value than other foods
12 with higher calories. By focusing solely on calories on the menu boards, the Ordinance can cause
13 consumers to select foods that are of lower nutritional value. Consumers need a complete
14 nutritional profile for food items in order to make the best selection.

15 17. Different consumers have different health and dietary needs. For example,
16 consumers who are diabetic need to limit their carbohydrate intake. Focusing their attention
17 exclusively on calories at the point of purchase – as Santa Clara County's Ordinance would require
18 Burger King® restaurants to do – could lead them to make a food choice that is wrong for them
19 because it could lead them to select a food based on calorie count, rather than on carbohydrate
20 count, which is the main nutrient that should be of concern to them.

21 18. Emphasizing the calorie count of foods alone and in isolation on the menu boards
22 will undermine our carefully developed program to communicate nutrition information to our
23 customers. Listing the calories on the menu boards will detract attention from the means of
24 communication BKC has chosen to convey its nutritional message. If consumers in our restaurants
25 see only a single number for calories next to a menu item on the menu board, they will read that
26 number and will pay less attention -- or no attention at all -- to the nutrition posters which list
27 comprehensive nutrition information for each menu item. Customers will attribute to BKC the
28 message that calories are the most important nutrient and that a single calorie number is all they

E-FILED: Jul 24, 2008 3:07 PM, Superior Court of CA, County of Santa Clara, Case #1-08-CV-117885 Filing #G-9873

1 need to know. While this may be Santa Clara County's desired message, it is not the message that
2 BKC wants to convey or with which it agrees. It is an oversimplified message, and one that does
3 not have any sound scientific basis. Given the severe space limitations on menu boards, restaurants
4 cannot feasibly include additional nutritional information (in addition to calories) on its menu
5 boards in an effort to provide a more balanced and complete nutritional message to customers.
6 While the Ordinance does not expressly preclude restaurants from posting additional nutritional
7 information besides calories, on its menu boards, doing so would further increase menu board
8 clutter and customer confusion, and possibly result in a loss of business.

9 19. In conclusion, BKC strongly opposes the Santa Clara County Ordinance. We think
10 its requirements for menu boards overemphasize the significance of calories in achieving a healthy
11 and balanced diet. We do not agree with the message it will force us to send to our customers. We
12 believe it will undermine the nutritional message that we have carefully developed and chosen to
13 send to our customers.

14 20. Attached to this Declaration as Exhibit F is a copy of Burger King Corporation's
15 nutrition poster.

16 I declare under penalty of perjury of the laws of the State of California and the United States
17 that the foregoing is true and correct.

18 Executed on July 15, 2008 at 4:00 pm


19 
20
21 Stephanie Quirantes

EXHIBIT A



U.S. Nutritional Information

Excluding Richmond, VA, Charlotte, NC, Sacramento, CA, Kansas City, KS, Kansas City, MO
Restaurants

Core Menu Items July 2008

	Calories	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)
WHOPPER® Sandwiches											
WHOPPER® Sandwich	680	40	11	1.5	75	1020	51	3	11	29	290
w/o Mayo	520	23	9	1	65	880	51	3	11	28	269
WHOPPER® Sandwich with Cheese	770	48	16	1.5	100	1450	52	3	11	33	315
w/o Mayo	610	30	14	1.5	85	1310	52	3	11	33	294
DOUBLE WHOPPER® Sandwich	920	58	19	2.5	140	1100	51	3	11	48	373
w/o Mayo	760	41	16	2	130	960	51	3	11	48	352
DOUBLE WHOPPER® Sandwich with Cheese	1010	66	24	2.5	160	1530	52	3	11	53	398
w/o Mayo	850	48	21	2.5	150	1390	52	3	11	53	376
TRIPLE WHOPPER® Sandwich	1160	76	27	3	205	1170	51	3	11	68	456
w/o Mayo	1000	59	24	3	190	1030	51	3	11	68	434
TRIPLE WHOPPER® Sandwich With Cheese	1250	84	32	3.5	225	1600	52	3	11	73	480
w/o Mayo	1090	66	29	3	215	1460	52	3	11	73	459
WHOPPER JR.® Sandwich	370	21	6	0.5	40	570	31	2	6	16	158
WHOPPER JR.® Sandwich w/o Mayo	290	12	4.5	0.5	35	500	31	2	6	16	147
WHOPPER JR.® Sandwich with Cheese	420	25	8	1	50	780	32	2	6	18	170
w/o Mayo	340	16	7	0.5	45	710	31	2	6	18	149
Bacon (1 Strip)	15	1	0	0	5	50	0	0	0	1	2.5
Flame-Broiled Burgers											
Hamburger	290	12	4.5	0.5	35	560	30	1	6	15	121
Cheeseburger	340	16	7	0.5	45	780	31	1	6	18	133
Double Hamburger	420	22	9	1	65	600	30	1	6	26	164
Double Cheeseburger	510	29	14	1.5	90	1030	31	1	6	30	189
BK™ Double Stacker	620	39	16	1.5	105	1100	32	1	5	34	190
BK™ Triple Stacker	820	55	23	2	160	1450	33	1	5	49	250
BK™ Quad Stacker	1010	70	30	3	210	1800	34	1	6	64	311
Steakhouse Burger	950	59	21	2	140	1950	55	4	12	40	329
Loaded Steakhouse Burger	970	55	22	2	155	2190	63	5	12	46	339

<u>Chicken, Fish, Veggie & Kids</u>		Calories	Total fat (g)	Saturated Fat(g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size(g)
<u>TENDERGRILL® Chicken Sandwich (with Mayo)</u>		490	21	4	0	55	1250	51	3	7	26	256
w/o Mayo		390	9	2	0	50	1160	51	3	7	26	242
<u>TENDERCRISP® Chicken Sandwich (with Mayo)</u>		780	43	8	4	75	1590	67	3	8	33	284
w/o Mayo		570	20	4.5	3.5	60	1400	67	3	3	33	256
Original Chicken Sandwich		650	38	7	2.5	70	1190	48	2	4	27	219
w/o Mayo		430	15	3.5	2.5	55	1010	48	2	4	26	190
Spicy CHICK'N CRISP™ Sandwich		480	30	6	2	45	850	30	2	4	22	144
w/o Mayo		320	13	3	1.5	35	710	30	2	4	21	122
CHICKEN TENDERS® Kid's Meal (4 pc)		190	11	3	1.5	25	440	9	0	0	12	62
CHICKEN TENDERS® (5 pc)		230	14	3.5	2	35	540	11	1	0	15	77
CHICKEN TENDERS® Big Kid's Meal (6 pc)		280	17	4	2.5	40	650	13	1	1	18	92
CHICKEN TENDERS® (8 pc)		370	23	6	3.5	55	870	18	1	1	24	123
KRAFT® Macaroni and Cheese		180	7	2	0	15	460	22	0	7	7	113
Barbecue Dipping Sauce (1 oz)		40	0	0	0	0	310	11	0	10	0	28
Honey Mustard Dipping Sauce (1 oz)		90	6	1	0	10	180	8	0	7	0	28
Sweet and Sour Dipping Sauce (1 oz)		45	0	0	0	0	55	11	0	10	0	28
Ranch Dipping Sauce (1 oz)		140	15	2.5	0	5	95	1	0	1	1	28
BK™ CHICKEN FRIES (6 pc)		270	16	3.5	3	30	760	17	1	1	14	85
BK™ CHICKEN FRIES (9 pc)		400	24	6	4.5	45	1130	25	1	1	20	128
BK™ CHICKEN FRIES (12 pc)		530	32	7	6	55	1510	33	1	1	27	170
Buffalo Dipping Sauce (1 oz)		80	8	1.5	0	5	360	2	0	1	0	28
BK BIG FISH® Sandwich		640	32	6	2.5	65	1450	67	3	9	24	249
w/o Tartar Sauce		470	13	3	2	50	1230	65	3	7	23	220
w/ Cheese		420	16	2.5	0	5	1100	46	7	8	23	215
w/o Mayo		470	20	5	0	20	1320	47	7	9	25	228
BK VEGGIE® Burger		340	8	1	0	0	1030	46	7	8	23	205
<u>Side Orders</u>		Calories	Total fat (g)	Saturated Fat(g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)
BK™ Fresh Apple Fries		25	0	0	0	0	0	6	1	5	0	57
Caramel Sauce		35	0	0	0	0	25	9	0	5	0	14
Onion Rings - Small		140	7	1.5	1	0	210	18	2	2	2	43
Onion Rings - Medium		310	15	3.5	2.5	0	440	37	3	4	4	91
Onion Rings - Large		440	22	4.5	4	0	620	53	5	6	6	130
Onion Rings - King		500	25	5	4.5	0	720	62	5	7	7	150
Zesty Onion Ring Dipping Sauce (1 oz)		150	15	2.5	0	15	210	3	<1	2	0	28
CHEESY TOTS™ Potatoes - (6 pc)		210	12	4.5	2	20	650	20	2	1	7	77
CHEESY TOTS™ Potatoes - (9 pc)		320	18	7	3	30	970	30	2	2	10	115
CHEESY TOTS™ Potatoes - (12 pc)		430	24	9	4	40	1300	40	3	2	14	153
French Fries - Small (Salted)		230	13	3	3	0	380	26	2	1	2	74
French Fries - Medium (Salted)		360	20	4.5	4.5	0	590	41	4	1	4	116
French Fries - Large (Salted)		500	28	6	6	0	820	57	5	1	5	160
French Fries - King (Salted)		600	33	8	7	0	990	69	6	2	6	194
French Fries - Small (Salt not added)*		230	13	3	3	0	240	26	2	1	2	74

French Fries - Medium (Salt not added)*	360	20	4.5	4.5	0	380	41	4	1	4	116
French Fries - Large (Salt not added)*	500	28	6	6	0	530	57	5	1	5	160
French Fries - King (Salt not added)*	600	33	8	7	0	640	69	6	2	6	194

Salads (w/out dressing or garlic parmesan croutons)

Side Garden Salad

TENDERGRILL™ Chicken Garden Salad

TENDERCRISP® Chicken Garden Salad

Garden Salad (no chicken)

Salad Dressings & Toppings & Condiments

KEN'S® Light Italian Dressing (2 oz)

KEN'S® Ranch Dressing (2 oz)

KEN'S® Creamy Caesar Dressing (2 oz)

KEN'S® Honey Mustard Dressing (2 oz)

KEN'S® Fat Free Ranch Dressing (2 oz) (Restaurant Option)

Garlic Parmesan Croutons

Ketchup (Packet)

Mayonnaise (Packet)

Desserts

Dutch Apple Pie

HERSHEY®'S Sundae Pie

Breakfast

CROISSAN'WICH® Egg & Cheese

CROISSAN'WICH® Sausage & Cheese

CROISSAN'WICH® Sausage, Egg & Cheese

CROISSAN'WICH® Ham, Egg & Cheese

CROISSAN'WICH® Bacon, Egg & Cheese

DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese

DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese

DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese

DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese

DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese

DOUBLE CROISSAN'WICH™ w/ Ham, Sausage, Egg, & Cheese

Cheesy Bacon BK™ WRAPPER

Enormous Omelet Sandwich

Ham Omelet Sandwich

Sausage Biscuit

Ham, Egg, & Cheese Biscuit

Sausage, Egg, & Cheese Biscuit

Bacon, Egg & Cheese Biscuit

Hash Browns - Small

Hash Browns - Medium

	Calories	Total fat (g)	Saturated Fat(g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)
15	0	0	0	0	0	0	3	1	1	1	98
220	10	4	0	0	60	790	11	3	3	23	292
400	21	6	3.5	0	70	1030	27	4	5	30	306
90	5	2.5	0	0	15	125	7	3	3	5	184
Calories	Total fat (g)	Saturated Fat(g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)	
120	11	1.5	0	0	440	5	4	0	0	57	
190	20	3	0	20	560	2	1	1	1	57	
210	21	4	0	25	610	4	3	3	3	57	
270	23	3	0	20	510	15	14	1	1	57	
60	0	0	0	0	740	15	2	5	0	57	
60	2	0	0	0	120	9	1	1	1	14	
10	0	0	0	0	125	3	2	0	0	10	
80	9	0.5	0	10	75	1	0	0	0	12	
Calories	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)	
320	12	5	0	0	290	47	1	23	2	107	
310	19	12	0	10	220	32	1	22	3	79	
Calories	Total fat (g)	Saturated Fat(g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Svg Size (g)	
300	17	6	2	145	740	26	<1	5	12	115	
370	25	9	2	50	810	23	<1	4	14	106	
470	32	11	2.5	180	1060	26	<1	5	19	159	
340	18	6	2	160	1230	26	1	6	18	149	
340	20	7	2	155	890	26	<1	5	15	122	
680	51	18	3	220	1590	26	1	6	29	215	
430	27	10	2	175	1250	27	<1	6	21	142	
420	23	9	2	185	2210	27	1	7	27	196	
550	39	14	2.5	200	1420	27	1	6	25	179	
420	24	9	2	180	1600	27	1	7	24	169	
550	37	14	2.5	205	2040	27	1	6	28	206	
390	24	8	1.5	150	1080	29	1	2	14	137	
730	45	16	1	330	1940	44	2	8	37	266	
290	13	4.5	0	85	870	33	1	8	13	118	
390	26	8	5	35	1020	28	1	2	12	118	
390	22	7	5	145	1410	31	1	4	16	156	
530	37	12	6	175	1490	31	1	4	20	183	
410	25	8	5	150	1320	31	1	4	16	146	
260	17	4.5	5	0	500	25	2	0	2	84	
430	28	8	9	0	830	42	4	0	4	140	

Hash Browns - Large	620	40	11	13	0	1200	60	6	1	5	202
CHEESY TOTSTM Potatoes - See Side Orders											
Cini-minis (4 minis)	390	18	5	4	20	560	51	2	19	7	108
Vanilla Icing (for Cini-minis)	110	3	0.5	0.5	0	40	21	0	20	0	28
French Toast Sticks (3 piece)	240	13	2.5	2	0	260	26	1	6	4	65
French Toast Sticks (5 piece)	390	22	4.5	3	0	440	43	2	9	7	109
Strawberry or Grape Jam	30	0	0	0	0	0	7	0	6	15	12
Breakfast Syrup	80	0	0	0	0	20	21	0	14	0	28
Shakes, Milk, & Iced Coffee											
Mocha BK JOE® Iced Coffee	380	10	6	0	40	290	66	1	63	6	452
HERSHEY'S 1% Low Fat Milk (8 fl oz)	110	2.5	1.5	0	10	130	13	0	12	8	244
HERSHEY'S 1% Low Fat Chocolate Milk (8 fl oz)	180	2.5	1.5	0	15	140	31	1	29	9	250
Vanilla Milk Shake - Value (12 fl oz)	310	11	7	0	45	180	44	0	43	6	228
Vanilla Milk Shake - Small (16 fl oz)	400	15	9	0	60	240	57	0	55	8	296
Vanilla Milk Shake - Medium (22 fl oz)	560	21	13	0.5	85	330	79	0	77	11	412
Vanilla Milk Shake - Large (32 fl oz)	820	30	19	1	125	490	117	<1	114	16	608
Chocolate Milk Shake - Value (12 fl oz)	370	11	7	0	40	260	61	1	59	6	245
Chocolate Milk Shake - Small (16 fl oz)	470	14	9	0	55	320	75	1	72	8	315
Chocolate Milk Shake - Medium (22 fl oz)	690	20	12	0	75	480	114	2	110	11	447
Chocolate Milk Shake - Large (32 fl oz)	950	29	19	0.5	115	640	151	2	146	16	640
Strawberry Milk Shake - Value (12 fl oz)	360	10	7	0	40	180	60	0	58	6	244
Strawberry Milk Shake - Small (16 fl oz)	460	14	9	0	55	240	73	0	71	7	314
Strawberry Milk Shake - Medium (22 fl oz)	660	19	12	0	75	330	111	0	109	10	444
Strawberry Milk Shake - Large (32 fl oz)	930	28	18	0.5	115	490	148	<1	145	15	637
OREO® BK™ Sundae Shake - Vanilla - Small (16 fl oz)	610	24	16	0.5	60	400	87	1	78	9	351
OREO® BK™ Sundae Shake - Vanilla - Medium (22 fl oz)	830	33	20	1	85	570	119	2	105	13	479
OREO® BK™ Sundae Shake - Chocolate - Small (16 fl oz)	680	24	15	0.5	55	480	105	2	95	9	369
OREO® BK™ Sundae Shake - Chocolate - Medium (22 fl oz)	960	32	20	0.5	75	720	154	3	138	13	515
OREO® BK™ Sundae Shake - Strawberry - Small (16 fl oz)	660	23	15	0.5	55	380	103	1	94	9	367
OREO® BK™ Sundae Shake - Strawberry - Medium (22 fl oz)	940	31	19	0.5	75	550	151	2	136	12	512

Footnote for BK VEGGIE® Burger[®]: **Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the Footnote for "Salt not added-French Fries". To reduce sodium, you can order french fries without added salt

Beverages

Beverage Cup Serving Sizes: fl oz				Cup Serving Size: 12				Calories			
Kid's				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 42				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 12				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 16				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 21				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 25				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 30				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 35				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 40				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 45				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 50				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 55				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 60				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 65				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 70				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 75				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 80				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 85				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 90				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 95				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 100				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 105				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 110				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 115				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 120				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 125				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 130				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 135				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 140				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 145				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 150				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 155				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 160				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 165				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 170				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 175				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 180				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 185				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 190				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 195				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 200				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 205				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 210				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 215				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 220				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 225				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 230				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 235				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 240				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 245				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 250				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 255				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 260				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 265				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 270				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 275				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 280				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 285				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 290				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 295				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 300				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 305				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 310				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 315				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 320				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 325				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 330				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 335				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 340				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 345				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 350				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 355				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 360				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 365				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 370				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 375				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 380				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 385				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 390				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 395				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 400				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 405				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 410				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 415				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 420				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 425				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 430				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 435				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 440				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 445				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 450				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 455				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 460				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 465				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 470				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 475				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 480				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 485				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 490				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 495				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 500				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 505				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 510				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 515				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 520				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 525				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 530				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 535				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 540				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 545				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 550				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 555				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 560				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 565				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 570				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 575				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 580				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 585				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 590				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 595				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 600				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 605				Small				Medium			
Large				Small				Medium			
King				Small				Medium			
Cup Serving Size*: 610				Small				Medium			

EXHIBIT B



Tools to eat well!

Need some guidance for your diet? Here are some tools to help you eat well!

- Check out www.MyPyramid.gov for guidance on what kinds of foods make up a healthful diet. This Web site offers tools to guide you on the suggested amount of calories for you based on age, gender and activity level. It has many tools and features, including:
 - Suggested amounts from the food groups that will help you achieve your calorie recommendation without going overboard
 - Tips and information about all the food groups
 - Tips on increasing your physical activity
 - Guidance on discretionary calories
 - A Meal Tracking Worksheet
 - MyPyramid Tracker will allow you to self assess your diet. It's fun and easy!
 - To make it easy for you, we have included a link that will take you to the MyPyramid Web site on our main Nutrition page.
- Remember, physical activity and calorie balance is essential to any weight loss or weight maintenance program!
- Check out our Meal Planning sections before you dine at a **BURGER KING®** restaurant to help you stay on track with your dietary goals (see main Nutrition page for these topics).
 - **Watching Calories?** – The "Calorie" section provides information on **BURGER KING®** foods that fit into different calorie ranges.
 - **Interested in Lowering the Fat?** – The "Fat" section gives food choices under 20 grams of fat.
 - **Counting Carbs?** – The "Carb" section gives you food choices that are low in carbs.
 - **Eating Strategies** has:
 - **BURGER KING®** Meal ideas that are moderate in calories
 - Quick Nutrition Guide for different ages
 - Nutrition Tips and Resources
- We are proud to participate in Healthy Dining Finder www.healthydiningfinder.com with a selection of our menu items that meet Healthy Dining's nutrition criteria*. We have included information throughout the Nutrition Section of our website to alert you to items that are featured on this website. (*Entrees contain 750 calories or less, 25 fat grams or less, and 8 grams of saturated fat or less. Side dishes, appetizers, and desserts contain 250 calories or less, 8 fat grams or less, and 3 grams of saturated fat or less.)

We hope this information will be helpful to you! We thank you for your business and are glad we can help you meet your dietary goals. Everyone is different and has different dietary needs, for more specialized dietary advice, please visit a Registered Dietitian (RD) or Nutritionist in your area. Some health insurance plans provide some coverage for such visits, check with your health provider.

EXHIBIT C



Interested in lowering the fat?

HAVE IT YOUR WAY® Salads:

- Side Garden Salad w/ KEN'S® Light Italian Dressing (11g fat)
- TENDERGRILL™ Chicken Garden Salad w/ KEN'S® Light Italian Dressing (20g fat)
- *Garlic Parmesan Croutons - add 2 g fat
- ** Participating restaurants may have KEN'S® Fat Free Ranch Dressing available

Fat Conscious Choices (under 20g):

- BK VEGGIE® Burger w/o mayo (8g)
- TENDERGRILL® Chicken Sandwich, no mayo (7g)
- WHOPPER JR.® Sandwich w/o mayo (12g)
- Hamburger (12g)
- CHICKEN TENDERS® - 5 pc + Barbecue Dipping Sauce (11g)
- BK BIG FISH® Sandwich w/o Tartar Sauce (13g)
- BK™ Chicken Fries - 6 pc (no sauce) (16g)
- BK VEGGIE® Burger (16g)
- Cheeseburger (16g)
- Original Chicken Sandwich w/o mayo (15g)
- *Add fruit with BK™ Fresh Apple Fries (0g)*
- CROISSAN'WICH® w/ Egg & Cheese (17g) or CROISSAN'WICH® w/ Ham, Egg, & Cheese (18g)
- Ham Omelet Sandwich (13g)
- Updated July 2008

BK VEGGIE



TM © 2008 Burger King Brands, Inc. (USA)

Tips for Reducing your Fat Intake:

- CUT THE MAYO** - order your sandwiches with mustard &/or ketchup instead of mayo
- SKIP THE CHEESE** - just one slice of cheese adds 4 grams of fat
- GO GREEN** - order a side salad with your sandwich instead of fries
- USE LESS DRESSING** - Avoid using all the salad dressing packet, this can cut calories & fat!
- DIP IN THESE SAUCES** - Pick BBQ or Sweet & Sour Dipping Sauces (0g of fat)
- HAM IT!** - choose ham instead of sausage on your breakfast sandwich (14 g saved!)
- CUT THE CREAM** - order your coffee black

For more information visit www.bk.com or call (305) 378-3535

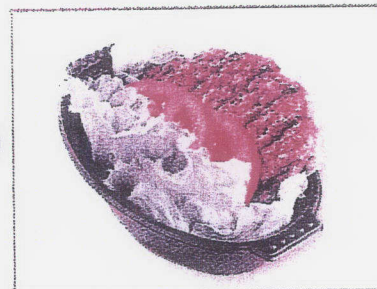


Counting Carbs?

If you are on a carb-conscious diet, you can HAVE IT YOUR WAY® and order your favorite WHOPPER® sandwich without the bun. You'll really be able to experience the great fire-grilled taste of our burgers.

Low Carb Options (each under 10g* of carbs):

- Low Carb WHOPPER® Sandwich* • (3g)
- Low Carb WHOPPER® Sandwich w/ cheese* • (5g)
- Low Carb DOUBLE WHOPPER® Sandwich* • (3g)
- Low Carb DOUBLE WHOPPER® Sandwich w/ cheese* • (5g)
- Low Carb WHOPPER JR.® Sandwich* • (1g)
- Low Carb WHOPPER JR.® Sandwich w/ cheese* • (2g)
- Low Carb BK™ Double Stacker Sandwich* (5g)
- Low Carb BK™ Triple Stacker Sandwich* (6g)
- Low Carb BK™ Quad Stacker Sandwich* (6g)



Carb-Conscious Chicken, Fish, & Veggie Choices:

- TENDERGRILL™ Chicken Garden Salad, KEN'S® Light Italian Dressing w/o Garlic Parmesan Croutons (13g)
- CHICKEN TENDERS® - 5 piece w/ Ranch dipping sauce (12g)
- CHICKEN TENDERS® - 8 piece w/o dipping sauce (18g)
- Low Carb TENDERGRILL® Chicken Sandwich* • (3g)
- Low Carb BK VEGGIE® Burger* • (19g)
- Low Carb New BK BIG FISH®* (served with lettuce and tartar sauce) (20g)

**w/o mayo, ketchup, and bun*

• served w/ lettuce, and tomato

Updated July 2008

TM © 2008 Burger King Brands, Inc. (USA)

Carb-Conscious Tips:

- **HOLD THE BUN** - order any BURGER KING® sandwich without the bun
- **SKIP THE KETCHUP** - you'll save three grams of carbs per packet
- **AVOID SUGAR** - drink diet soft drinks or water instead of regular sodas. Use a low calorie sweetener in your coffee or tea, or drink it plain
- **AVOID FRIES** - order a side salad instead of fries
- **EMPHASIZE FIBER** - Keep foods made with refined flour and sugar to a minimum in your diet. Emphasize complex carbs made from whole grains, also include at least 5 servings a day of fruit and vegetables. *(Our BK VEGGIE® Burger patty is made with whole grains and veggies!)*
- **Eat the whole fruit**, instead of juice. The whole fruit has less carbs and more fiber!

For more information visit www.bk.com or call (305) 378-3535

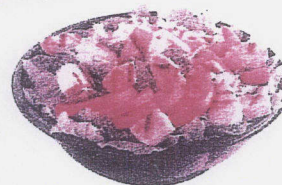


Watching Calories?

BK™ Salads, Fully Loaded:

- TENDERGRILL™ Chicken Garden Salad, KEN'S® Light Italian Dressing w/ Garlic Parmesan Croutons (420 calories)

Here are some ways you can HAVE IT YOUR WAY® and watch your calories!



Calorie Conscious Choices:

Under 200 Calories:

- Low Carb Original WHOPPER JR.® w/cheese*
- Low Carb Original WHOPPER JR.® Sandwich*
- Low Carb TENDERGRILL® Chicken Sandwich
- Low Carb BK VEGGIE® Burger*
- Side Salad KEN'S® Light Italian Dressing (2 oz packet)
- Onion Rings - Small
- BK™ Fresh Apple Fries and low fat caramel sauce

**w/o mayo, ketchup, and bun*

300-399 Calories:

- CROISSAN'WICH® w/ Egg & Cheese; Bacon, Egg, & Cheese; Ham, Egg, & Cheese; or Sausage & Cheese
- Cini-mini's - no icing
- French Toasts Sticks w/o breakfast syrup
- WHOPPER JR.® Sandwich
- WHOPPER JR.® Sandwich w/ cheese & w/o mayo
- Hamburger & BK™ Fresh Apple Fries and low fat caramel sauce
- Cheeseburger & BK™ Fresh Apple Fries and low fat caramel sauce
- Low Carb WHOPPER® Sandwich* & BK™ Fresh Apple Fries and low fat caramel sauce
- Low Carb WHOPPER® Sandwich w/ cheese*
- Low Carb BK BIG FISH™ w/ tartar sauce
- BK VEGGIE® Burger w/o mayo
- 5 piece CHICKEN TENDERS® w/ Ranch, or Honey Mustard dipping sauce
- 5 piece CHICKEN TENDERS® w/ HERSHEY'® S low-fat milk or orange juice
- 6 piece CHICKEN TENDERS® w/ Barbecue or Sweet & Sour Sauce dipping sauce
- 6 piece BK™ Chicken Fries w/ Buffalo Sauce
- Onion Rings or French Fries - Medium

**w/o mayo, ketchup, and bun*

200-299 Calories:

- Low Carb WHOPPER® Sandwich*
- Low Carb WHOPPER JR.® Sandwich* w/ cheese
- Hamburger
- WHOPPER JR® w/o mayo
- 5 piece CHICKEN TENDERS® w/ Barbecue or Sweet & Sour dipping sauce
- 6 piece BK™ Chicken Fries - no sauce
- Hashbrowns or French Fries- Small
- Ham Omelet Sandwich

**w/o mayo, ketchup, and bun*

**served w/ lettuce and tomato*

400-499 Calories:

- CROISSAN'WICH® w/ Sausage, Egg, & Cheese
- French Toasts Sticks w/ breakfast syrup
- Hamburger w/ small onion rings
- Hamburger w/ HERSHEY'® S low-fat milk or orange juice
- Low Carb WHOPPER® Sandwich* & small onion rings
- Low Carb WHOPPER® Sandwich* w/ cheese & BK™ Fresh Apple Fries and low fat caramel sauce
- WHOPPER JR.® Sandwich w/ cheese
- WHOPPER JR.® Sandwich w/ cheese w/o mayo & BK™ Fresh Apple Fries and low fat caramel sauce
- Cheeseburger w/ HERSHEY'® S low-fat milk or orange juice
- Double Hamburger
- TENDERGRILL® Chicken Sandwich, w/o mayo
- BK BIG FISH® w/o Tartar Sauce
- Original Chicken Sandwich w/o mayo
- 5 piece CHICKEN TENDERS®, small fries
- 8 piece CHICKEN TENDERS® w/ Honey Mustard dipping sauce

**w/o mayo, ketchup, and bun*

**served w/ lettuce and tomato*

TM © 2008 Burger King Brands, Inc. (USA) July 2008

Calorie Cutting Tips:

CUT THE MAYO - order your sandwiches with mustard instead of mayo.

USE LITTLE DRESSING - Pour just a little salad dressing on your salad, just enough for taste!

ORDER A SIDE SALAD - order a side salad with your sandwich instead of fries (use lower calorie dressings).

AVOID SUGAR-ADDED DRINKS - drink diet soft drinks or water instead of regular sodas. Use low-calorie sweetener in your coffee or tea, or drink it plain.

For more information visit www.bk.com or call (305) 378-3535

EXHIBIT D

What's Your Eating Strategy? Stay calorie conscious and eat like a king!

HAVE IT YOUR WAY® Eating Strategies with great-tasting fire-grilled food at BURGER KING® restaurants.

Try these menu ideas for you and your kids!	Calories	Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (g)	Protein (g)	Fiber (g)	Sodium (mg)
KRAFT® Macaroni and Cheese	180	7	2	0	15	8	0	460
CHICKEN TENDERS® 5 pc w/ Sweet and Sour Dipping Sauce	275	14	3.5	2	35	15	1	595
WHOPPER JR.® Sandwich w/o mayo	290	12	4.5	0	35	16	2	500
Ham Omelet Breakfast Sandwich	290	13	4.5	0	85	13	1	870
TENDERGRILL® Chicken Sandwich w/o mayo	400	7	1.5	0	70	36	4	1090
TENDERGRILL™ Chicken Garden Salad w/ KEN'S® Lite Italian Dressing & Croutons	420	22	5	0	80	35	4	1270
BK VEGGIE® Burger	420	16	2.5	0	10	23	7	1100
WHOPPER® Sandwich w/o mayo	520	23	9	1	65	28	3	880
Suggested Side:								
Side Salad w/ ½ packet of KEN'S® Lite Italian Dressing	80	6	1	0	0	1	2	230
BK Fresh™ Apple Fries with caramel sauce	60	0	0	0	0	0	1	25
Suggested Beverage:								
MINUTE MAID® Apple Juice	100	0	0	0	0	0	0	15
MINUTE MAID® Orange Juice	140	0	0	0	0	0	0	20
NESTLE® PURE LIFE® Water, DIET COKE® or BK JOE® Coffees	0-5	0	0	0	0	0	0	0-35

Quick Nutrition Guide			
Age Groups:	Calories:	Fat: 25-35% calories	Sodium:
Kids age 4-8	<ul style="list-style-type: none"> • 1200 -2000 calories / day • Determined by age, gender, and activity level 	<ul style="list-style-type: none"> • 33g -46g of fat daily for LOW end of this calorie range • 55g – 77g of fat daily for HIGH end for this calorie range 	<ul style="list-style-type: none"> • Limit to 1900 mg a day
Kids age 9-13	<ul style="list-style-type: none"> • 1400 - 2600 calories / day • Determined by age, gender, and activity level 	<ul style="list-style-type: none"> • 38g -54g of fat daily for LOW end of this calorie range • 72g – 100g of fat daily HIGH end for this calorie range 	<ul style="list-style-type: none"> • Limit to 2200 mg a day
Adults and teens (≥14 years)	<ul style="list-style-type: none"> • 2000 calories a day is the average daily energy requirement • Determined by age, gender, and activity level 	<ul style="list-style-type: none"> • 55g – 77g of fat for this calorie level 	<ul style="list-style-type: none"> • Limit to 2300 mg a day

These recommendations are based on: *American Heart Association®*, *2005 US Dietary Guidelines*, and *Dietary Reference Intakes (DRIs)*.

EXHIBIT E



HAVE IT YOUR WAY®

NUTRITIONAL INFORMATION

What's Your Eating Strategy? Stay calorie conscious and eat like a king!
HAVE IT YOUR WAY® Eating Strategies with Great-Tasting Fire-Grilled Food at BURGER KING® restaurants.

Item	Calories	Total Fat (g)	% Daily Value*	Saturated Fat (g)	% Daily Value*	Trans Fat (g)	Cholesterol (mg)	% Daily Value*	Sodium (mg)	% Daily Value*
Whopper® Sandwich (100%) Beef patty, sesame seed bun, tomato slices, lettuce, pickle slices, onion, mayonnaise, ketchup. (Available with American Cheese and in Double and Triple sizes)	290	12	24%	4.5	23%	0	40	80%	440	21%
Double Whopper® Sandwich (100%) Beef patty, sesame seed bun, tomato slices, lettuce, pickle slices, onion, mayonnaise, ketchup. (Available with American Cheese and in Double and Triple sizes)	255	12	24%	3	16%	0	35	70%	650	26%
Triple Whopper® Sandwich (100%) Beef patty, sesame seed bun, tomato slices, lettuce, pickle slices, onion, mayonnaise, ketchup. (Available with American Cheese and in Double and Triple sizes)	330	14	28%	5	25%	0	90	180%	1130	45%
Angus Steak Burger® (100%) Angus beef patty, corn dusted bun, tomato slices, lettuce, raw white onion slices, steak sauce and mayonnaise.	420	22	44%	5	27%	0	80	160%	1270	55%
Angus Steak Burger® (100%) Angus beef patty, corn dusted bun, tomato slices, lettuce, raw white onion slices, steak sauce and mayonnaise.	510	24	48%	3.5	17%	0.5	75	150%	1160	51%
Spicy Chicken Sandwich® (100%) Chicken breast, sesame seed bun, tomato slices, lettuce, mayonnaise, spicy sauce.	420	16	32%	2.5	13%	0	10	20%	1100	48%
Spicy Chicken Sandwich® (100%) Chicken breast, sesame seed bun, tomato slices, lettuce, mayonnaise, spicy sauce.	510	22	44%	14	43%	1	80	160%	900	38%
Original Chicken Sandwich® (100%) Breaded chicken patty, sesame seed bun, lettuce, mayonnaise.	80	8	16%	1	4%	0	0	0%	230	10%
Double Original Chicken Sandwich® (100%) Breaded chicken patty, sesame seed bun, lettuce, mayonnaise.	90	8	16%	0	0%	0	0	0%	0	0%
Triple Original Chicken Sandwich® (100%) Breaded chicken patty, sesame seed bun, lettuce, mayonnaise.	90	8	16%	0	0%	0	0	0%	15	0%
Spicy Chicken Sandwich® (100%) Chicken breast, sesame seed bun, tomato slices, lettuce, mayonnaise, spicy sauce.	140	8	16%	0	0%	0	0	0%	20	0%
Angus Steak Burger® (100%) Angus beef patty, corn dusted bun, tomato slices, lettuce, raw white onion slices, steak sauce and mayonnaise.	0-5	0	0%	0	0%	0	0	0%	0-35	0-1%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. †Saturated Fat does not include Trans Fat.

Quick Nutrition Guide

Age Group	Calories	Fat	Sodium
Kids age 4-8	• 1200-2000 calories / day • Determined by age, gender, and activity level	• 33g-46g of fat daily for LOW end of this calorie range • 55g-77g of fat daily for HIGH end of this calorie range	• Limit to 1900 mg a day
Kids age 9-13	• 1400-2000 calories / day • Determined by age, gender, and activity level	• 39g-54g of fat daily for LOW end of this calorie range • 72g-100g of fat daily for HIGH end of this calorie range	• Limit to 2200 mg a day
Adults and teens	• 2000 calories a day is the average daily energy requirement • Determined by age, gender, and activity level	• 55g-77g of fat for this calorie level	• Limit to 2300 mg a day

These recommendations are based on: American Heart Association®, 2005 US Dietary Guidelines, and Dietary Reference Intakes (DRIs).

Calorie needs vary from person to person by age, gender and activity level. For information on you or your child's specific dietary and physical activity recommendations, please visit: <http://www.mypyramid.gov>. US Dietary Guidelines for Americans 2005 recommendations can be found at <http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm>. Additional Dietary Guidelines for Healthy Children can be found at <http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/chapter12.html>.

For meal combinations available at BURGER KING® restaurants, or to customize your burger, sandwich, or salad to HAVE IT YOUR WAY®, please visit our website at: <http://www.bk.com> in our Nutrition Section go to "Build-A-Meal".

- Be mindful of excess calories to help maintain or lose weight. Using less salad dressing or dipping sauces, or ordering your sandwich without or less mayonnaise is a good way to cut calories.
- Being fit like a king means eating the appropriate amount of daily calories and being physically active too! So pick your favorite activity and go for it!!! Try to be physically active at least 30 minutes every day of the week.

SANDWICH CONTENTS

WHOPPER® Sandwich: 100% Beef patty, sesame seed bun, tomato slices, lettuce, pickle slices, onion, mayonnaise, ketchup. (Available with American Cheese and in Double and Triple sizes)

WHOPPER JR.® Sandwich: 100% Beef patty, sesame seed bun, tomato slice, lettuce, pickle slices, onion, mayonnaise, ketchup.

Hamburger: 100% Beef patty, sesame seed bun, pickle slices, mustard, ketchup. (Available with cheese and in Double size)

BK™ Double Stacker: 100% Beef patties, sesame seed bun, bacon slices, American Cheese, Stacker Sauce. (Available in Triple and Quad sizes)

The Angus Steak Burger: Angus Steak Burger beef patty, corn dusted bun, tomato slices, lettuce, raw white onion slices, steak sauce and mayonnaise.

TENDERGRILL® Chicken Sandwich: Fire-grilled whole muscle chicken breast fillet, sesame seed bun, tomato slices, lettuce, and mayonnaise.

TENDERCRISP® Chicken Sandwich: Whole muscle breaded chicken breast, corn dusted bun, tomato slices, lettuce, and mayonnaise.

Spicy CHICK'N CRISP™ Sandwich: Spicy breaded chicken patty, sesame seed bun, lettuce, mayonnaise.

Original Chicken Sandwich: Breaded chicken patty, specialty bun, lettuce, mayonnaise.

BK BIG FISH® FILET: Breaded fish fillet, corn-dusted bun, lettuce, tartar sauce.

BK VEGGIE® Burger: Morningstar Farms® Veggie Burger patty, sesame seed bun, tomato slice, lettuce, mayonnaise and ketchup. (This is NOT a vegan product.)

SIDE ITEMS/SALAD

Garden Side Salad: Iceberg lettuce, tomato slice, baby carrots.

Garden Salad base: Romaine lettuce, tomato slices, baby carrots, three-cheese blend (Monterey Jack, Mozzarella & Cheddar).

BREAKFAST SANDWICHES

CRIOSSAN'WICH®

w/ Egg & Cheese: Croissant, Egg Omelet, American Cheese

w/ Sausage & Cheese: Croissant, Sausage Patty, American Cheese

w/ Sausage, Egg & Cheese: Croissant, Sausage Patty, Egg Omelet, American Cheese

w/ Ham, Egg, & Cheese: Croissant, Ham, Egg Omelet, American Cheese

w/ Bacon, Egg, & Cheese: Croissant, Egg Omelet, American Cheese

DOUBLE CROISSAN'WICH®

w/ Double Sausage, Egg, & Cheese: Croissant, Sausage Patty, Egg Omelet, American Cheese

w/ Double Bacon, Egg, & Cheese: Croissant, Sausage Patty, Egg Omelet, American Cheese

w/ Double Ham, Egg & Cheese: Croissant, Ham, Egg Omelet, American Cheese

w/ Sausage, Bacon, Egg & Cheese: Croissant, Sausage Patty, Bacon, Egg Omelet, American Cheese

w/ Ham, Bacon, Egg, & Cheese: Croissant, Ham, Bacon, Egg Omelet, American Cheese

w/ Ham, Sausage, Egg & Cheese: Croissant, Sausage Patty, Egg Omelet, American Cheese

Enormous Omelet Breakfast Sandwich: Specialty Bun, Egg Omelet, Bacon, Sausage, American Cheese

Ham Omelet Sandwich: 4" Seeded Bun, Ham, Cheese, Egg Omelet, Honey Butter Sauce

French Toast Kid's Meal: French Toast Sticks (5 ea), MOTT'S® Strawberry Applesauce, 1% Lowfat Milk, Breakfast Syrup

CONTENTS**BUNS****SESAME SEED BUNS:**

Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour Or Alpha Amylase From Aspergillus Orizae, Niacin, Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Ascorbic Acid), Water, High Fructose Corn Syrup Or Liquid Sucrose, Yeast, Vegetable Oil (Canola And/Or Soy) Or Soybean And/Or Cottonseed Oil, May Contain 2% Or Less Of The Following: Salt, (Vital) Wheat Gluten, Soy Flour, Corn Starch, Yeast Nutrient (May Contain One Or More Of The Following: Ammonium Sulfate, Monocalcium Phosphate, Calcium Sulfate, Calcium Carbonate) Dough Conditioners (May Contain One Or More Of The Following: Wheat Starch, Microcrystalline Cellulose, Sorbitol, Sodium Chloride, Magnesium Stearate, Distilled Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Azodicarbonamide, Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Calcium Peroxide, Calcium Stearoyl-2-Lactylate, Datem, L-Cysteine), Enzymes, Preservatives (Calcium Propionate And/Or Sorbic Acid), Vinegar, Sesame Seeds. Does not contain animal ingredients. **Contains: Wheat and Soy.**

CORN DUSTED BUNS:

Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour Or Alpha Amylase From Aspergillus Orizae, Niacin, Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Ascorbic Acid), Water, High Fructose Corn Syrup Or Liquid Sucrose, Yeast, Vegetable Oil (Canola And/Or Soy) Or Soybean And/Or Cottonseed Oil, May Contain 2% Or Less Of The Following: Salt, (Vital) Wheat Gluten, Soy Flour, Vegetable Gum, Cellulose Gum, (Yellow) Corn Meal, Corn Starch, Corn Flour, Yeast Nutrient (May Contain One Or More Of The Following: Ammonium Sulfate, Monocalcium Phosphate, Calcium Sulfate, Calcium Carbonate) Dough Conditioners (May Contain One Or More Of The Following: Wheat Starch, Microcrystalline Cellulose, Sorbitol, Sodium Chloride, Magnesium Stearate, Distilled Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Azodicarbonamide, Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Calcium Peroxide, Calcium Stearoyl-2-Lactylate, Datem), Enzymes, Preservatives (Calcium Propionate And/Or Sorbic Acid). Does not contain animal ingredients. **Contains: Wheat and Soy.**

SPECIALTY BUN:

Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour Or Alpha Amylase From Aspergillus Orizae, Niacin, Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Ascorbic Acid), Water, High Fructose Corn Syrup Or Liquid Sucrose, Yeast, Vegetable Oil (Canola And/Or Soy) Or Soybean And/Or Cottonseed Oil, May Contain 2% Or Less Of The Following: Salt, (Vital) Wheat Gluten, Soy Flour, Corn Starch, Yeast Nutrient (May Contain One Or More Of The Following: Ammonium Sulfate, Monocalcium Phosphate, Calcium Sulfate, Calcium Carbonate, Dicalcium Sulfate) Dough Conditioners (May Contain One Or More Of The Following: Wheat Starch, Microcrystalline Cellulose, Sorbitol, Sodium Chloride, Magnesium Stearate, Distilled Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid, Azodicarbonamide, Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Calcium Peroxide, Calcium Stearoyl-2-Lactylate, Datem), Enzymes, Preservatives (Calcium Propionate And/Or Sorbic Acid), Vinegar, Sesame Seeds, Cellulose Gel, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Diammonium Phosphate). Does not contain animal ingredients. **Contains: Wheat and Soy.**

CONTENTS (Continued)**BEEF, CHICKEN and FISH:****WHOPPER® & HAMBURGER PATTIES:**

100% USDA Inspected Ground Beef (Fire-Grilled). Angus Beef, Seasoning [Encapsulated Salt, Salt, Partially Hydrogenated Soybean Oil], Flavorings, Beef Stock, Silicon Dioxide [Fire-Grilled], Soy Lecithin used as a processing aid.

ANGUS STEAK BURGER PATTY:

TENDERGRILL® CHICKEN FILET: Chicken Breast with Rib Meat, Water, Seasoning (Maltoedextrin, Salt, Sugar, Autolyzed Yeast Extract, Garlic Powder, Spices, Natural Flavors, Onion Powder, Modified Corn Starch, Chicken Fat, Chicken Powder, Chicken Broth, Disodium Guanylate and Disodium Inosinate, Citric Acid, Partially Hydrogenated Soybean Oil, Dehydrated Garlic, and Artificial Flavors.), Modified Corn Starch, Soybean Oil, Salt, Sodium Phosphates, GLAZED WITH: Water, Seasoning [Maltoedextrin, Salt, Sugar, Methylcellulose, Autolyzed Yeast Extract, Partially Hydrogenated Sunflower Oil, Modified Potato Starch, Fructose, Partially Hydrogenated Soybean Oil, Garlic Powder, Onion Powder, Dehydrated Garlic, Spices, Modified Corn Starch, Xanthan Gum, Natural Flavors, Disodium Guanylate and Disodium Inosinate, Chicken Fat, Carmel Color, Grill Flavor (from Partially Hydrogenated Soybean and Contensed Oil), Chicken Powder, Chicken Broth, Turneric, Smoke Flavor, Annatto Extract, and Artificial Flavors], Soybean Oil.

BREADED ORIGINAL CHICKEN PATTY (Fried):

Chicken Breast with Rib Meat, Water, Salt and Monosodium Glutamate, Breaded with: Bleached Wheat Flour, Salt, Spices, Partially Hydrogenated Vegetable Oil (Soybean and/or Cottonseed), Dried Wheat, Monosodium Glutamate, Yeast, Dehydrated Sweet Pepper, Onion Powder, Garlic Powder, Dextrose, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), BATTERED WITH: Water, Bleached Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Salt, Corn Starch, Oat Flour and Natural Flavoring+ + Natural flavors from plant sources. **Contains: Milk and Wheat.**

SPICY CHICK'N CRISP™ PATTY:

Chicken breasts with rib meat, Water, Salt, Monosodium Glutamate, Flavors, Chicken Fat, Propylene Glycol, Water, Sunflower Oil, Artificial Flavors, Sodium Lactate, Autolyzed Yeast Extract, Chicken Broth, Polysorbate 60, Polysorbate 80, Sodium Hydroxide, Medium Chain Triglycerides, Sodium Phosphate, Salt, Partially Hydrogenated Soybean Oil, Cottonseed Oil, Papain, Chicken Powder, and Thiamine Hydrochloride, Flavoring. Breaded with: Bleached Wheat Flour, Enriched Wheat Flour (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Spice, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate) Onion Powder, Garlic Powder, Extractives of Paprika, Soybean Oil, set in Partially Hydrogenated Soybean Oil, Battered with: Water, Bleached Wheat Flour, Modified Corn Starch, Salt, Spices, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Soybean Oil, Onion Powder, Dextrin, Extractives of Paprika, Yellow 6, Red 40 Lake, Natural & Artificial Flavor (Including Butter Flavor), Lactic Acid, Not more than 2% Sodium Silico Aluminate added to prevent caking. Predusted With: Wheat Flour, Modified Corn Starch, Salt, Wheat Gluten, Spice, Extractives of Paprika, Soybean Oil, Onion Powder, Not More Than 2% Silicon Dioxide Added to Prevent Caking. **Contains: Wheat.**

BREADED TENDERCRISP® CHICKEN (Fried) WHOLE MUSCLE BREAST FILET:

Chicken Breast With Rib Meat, containing up to 18% of assolution of Water, Seasoning (Sugar, Monosodium Glutamate, Salt, Spices, Mustard Flavor, Soybean Oil), Modified Corn Starch, Sodium Phosphates, BREADED WITH: Bleached Wheat Flour, Sugar, Salt, Leavening

CONTENTS (Continued)

(Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Spices, Monosodium Glutamate, Nonfat Dry Milk, Dried Whey, Paprika, Extractives of Turmeric, PREDUSTED AND BATTERED WITH: Water, Wheat Flour, Salt, Whole Egg Solids, Nonfat Dry Milk, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Monosodium Glutamate, Dried Whey, Soybean Oil, Breaded set in Partially Hydrogenated Soybean Oil. **Contains Milk, Egg and Wheat.**

BK™ CHICKEN FRIES (Fried):

Chicken Breast with Rib Meat, Water, Seasoning [Salt, Modified Food Starch, Flavoring], Modified Potato Starch, Sodium Phosphates, BREADED WITH: Bleached Wheat Flour, Modified Wheat Starch, Rice Flour, Salt, Spices, Dextrose Paprika, Monosodium Glutamate, Dehydrated Garlic, Dehydrated Onion Soybean Oil, Maltoedextrin, Natural Flavor, Extractives of Paprika, BATTERED WITH: Water, Bleached Wheat Flour, Corn Starch, Modified Wheat Starch, Maltoedextrin, Potato Starch, Modified Food Starch, Methylcellulose, Mono and Diglycerides, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), PREDUSTED WITH: Bleached Wheat Flour, Modified Food Starch (corn or potato), Dextrose, Monosodium Glutamate, Salt, Maltoedextrin, Corn Starch, Sugar, Soybean Oil, Paprika, Spice, Onion Powder, Extractives of Paprika, Garlic Powder, Turmeric, Natural Flavors, Breaded set in Soybean Oil or Vegetable Oil, Modified Food Starch sources include corn and potato in addition to wheat as declared. Flavoring or Natural Flavors include oil of garlic, black pepper extractive, oleoresin capscum, oleoresin chili. **Contains: Wheat.**

CHICKEN TENDERS® (Fried):

Breaded Chicken Breast Strips with Rib Meat containing up to 8.7% solution of Water, Salt, Sodium Phosphate, Modified Corn Starch and Flavoring, Breaded with: Bleached Wheat Flour, Water, Modified Corn Starch, Salt, Yellow Corn Flour, Spices, Monocalcium Phosphate, Partially Hydrogenated Soybean Oil, Dextrose, Sugar, Garlic Powder, Yeast, Monosodium Glutamate, Buttermilk Powder, Natural Flavors, Breaded set in Partially Hydrogenated Vegetable Oil, Natural Flavors include oil of garlic, extractive of black pepper and spice extractives. **Contains Milk and Wheat.**

BK BIG FISH® FILET (Fried):

Wild Caught Alaskan Pollock, Bleached Wheat Flour, Water, Yellow Corn Flour, Modified Corn Starch, Contains 2% or less of the following: Salt, Enriched Bleached Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Onion Powder, Garlic Powder, Spice, Partially Hydrogenated Soybean Oil, Dextrose, Dried Yeast, Corn Starch, Hydroxypropyl Methylcellulose, Maltoedextrin, Monoglycerides, Diglycerides, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Sodium Aluminum Phosphate), Sodium Alginate, Paprika Extract (color), Spice Extract. **Contains: Fish and Wheat.**

VEGGIE PATTY and SIDE ITEMS:**BK VEGGIE® BURGER PATTY:**

Supplied by Morningstar Farms: Vegetables (Mushrooms, Water Chestnuts, Onions, Carrots, Green Bell Peppers, Red Bell Peppers, Black Olives), Textured Vegetable Protein (Soy Protein Concentrate, Wheat Gluten, Water for hydration), Egg Whites, Cooked Brown Rice (Water, Brown Rice), Rolled Oats, Corn Oil, Calcium Caseinate, Soy Sauce (Water, Soybeans, Salt, Wheat), Onion Powder, Corn Starch, Salt, Hydrolyzed Corn, Soy, and Wheat Protein, Autolyzed Yeast Extract, Natural Flavors from non-meal sources, Sugar, Soy Protein Isolate, Spices, Garlic Powder, Dextrose, Jalapeno Pepper Powder, Celery Extract. **Contains: Egg, Wheat, Milk and Soy.** The patty is NOT cooked on equipment with meat or poultry products. This is not a vegan product.

CONTENTS (Continued)**FRENCH FRIES (Fried):**

Potatoes, Partially Hydrogenated Soybean Oil, Modified Potato Starch, Rice Flour, Potato Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum, Sodium Acid Pyrophosphate added to preserve natural color.

ONION RINGS (Fried):

Rehydrated Onion, Bleached Wheat Flour, Soybean Oil, Water, Yellow Corn Flour, Sugar, Contains 2% or less of the following: Gelatinized Wheat Starch, Corn Starch, Calcium Chloride, Modified Food Starch, Methyl Cellulose, Salt, Fructose, Guar Gum, Sodium Alginate, Dextrose, Yeast, Sodium Bicarbonate, Sodium Tripolyphosphate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Sunflower Oil, Natural Flavors, Grill Flavor, Garlic Powder, Hydroxypropyl Methyl Cellulose, Sorbitol. + Natural flavors from plant sources. **Contains: Wheat.**

CHEESY TOTS™ Potatoes (Fried):

Potatoes, Pasteurized Processed Cheddar Cheese (Cheddar Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Milkfat, Sodium Phosphate, Cellulose Powder, Sodium Hexametaphosphate, Salt, Artificial Color), Mozzarella Cheese (Pasteurized Milk, Cultures, Salt, Enzymes), Bleached Wheat Flour, Partially Hydrogenated and Liquid Vegetable Oils (Soybean and/or Canola Oils), Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Modified Food Starch, Corn Flour, Sugar, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate, Yeast), Potato Flour, Rice Flour, Spice, Dextrin, Hydroxypropyl Methylcellulose, Wheat Starch, Cornstarch, Butter (Cream, Salt), Maltodextrin, Whey. **Contains: Milk, Wheat.**

SALAD TOPPINGS:**THREE CHEESE BLEND:**

Mild Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color), Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Low-Moisture Part - Skim Mozzarella Cheese (Cultured Pasteurized Part - Skim Milk, Salt, Enzymes), Potato Starch and Powdered Cellulose added to prevent caking, Natamycin (a Natural Mold Inhibitor). **Contains: Milk.**

GARLIC PARMESAN CROUTONS:

Enriched Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Soybean Oil, Water, Yeast, High Fructose Corn Syrup, Contains 2% Or Less Of The Following: Salt, Wheat Gluten, Corn Syrup Solids, Whey, Romano From Cow's Milk And Parmesan Cheeses (Part Skim Milk, Cultures, Salt, Enzymes), Autolyzed Yeast Extract, Cheese Powder (Cheddar Cheese [Milk, Cultures, Salt, Enzymes], Whey Protein Concentrate, Maltodextrin, Natural Flavors, Disodium Phosphate, Blue Cheese [Milk, Cultures, Salt, Enzymes], Nonfat Milk, Citric Acid), Garlic, Calcium Propionate (Preservative), Parsley, Dough Conditioners (May Contain One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Calcium Peroxide, Calcium Sulfate, Ammonium Sulfate, Calcium Iodate, Ascorbic Acid), Cultured Nonfat Milk, Natural And Artificial Flavor, Cultured Whey, Citric Acid, Annatto And Turmeric Color And TBHQ (To Preserve Freshness). **Contains: Milk And Wheat. May be processed on shared equipment with tree-nuts.**

Salad Dressings

Salad Dressing Ingredients are listed on the package of the salad dressing portion.

Desserts

Pie Ingredients are listed on the pie package.

CONTENTS (Continued)

Water, Distilled Vinegar, Tomato Paste, Egg Yolk, Contains Less Than 2%: Salt, Dehydrated Onion, Xanthan Gum, Sodium Benzoate And Potassium Sorbate As Preservatives, Natural Flavors+, Propylene Glycol Alginate, Poly sorbate 60, Caramel Color, Oleoresins Paprika And Turmeric Color, Canola Oil, Calcium Disodium Edta Added To Protect Flavor. + Natural Flavors from plant sources. **Contains: Egg.**

HONEY BUTTER SAUCE (for Ham Orleoli):

Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (A Preservative), Annatto Color), Natural And Artificial Flavor, Calcium Disodium Edta Added To Protect Flavor, Citric Acid, Sugar, Condensed Sweet Whole Milk (Sucrose, Milk Solids And Water And Milk Fat), Water, Butter (Sweet Cream, Salt), Brown Sugar, Corn Syrup, Honey, Mono And Diglycerides, Pectin, Potassium Sorbate As A Preservative, Natural & Artificial Flavor, Calcium Disodium Edta To Protect Flavor. **Contains: Milk and Soy Lecithin.**

WHIP TOPPING:

High Fructose Corn Syrup, Partially Hydrogenated Palm Kernel Oil, Water, Contains Less Than 2% Of The Following: "Sodium Caseinate (A Milk Derivative), Soy Protein Concentrate, Polysorbate 60, Sugar, Carbohydrate Gum, Salt, Polyglycerol Esters Of Fatty Acids, Soy Lecithin, To Preserve Freshness (Potassium Sorbate), Xanthan Gum. "Not A Source Of Lactose. **Contains: Milk, Soy**

OREO® COOKIE CRUMBLIES:

Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Palm And/Or High Oleic Canola And/Or Soybean Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin (Emulsifier), Vanillin - An Artificial Flavor, Chocolate. **Contains: Wheat and Soy.**

BREAKFAST:**BACON:**

Fully Cooked Bacon, Cured with Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

EGG OMELET:

Whole Egg, Whey, Soybean Oil, Salt, Natural and Artificial Butter Flavor, Xanthan Gum, Citric Acid, Annatto Color). **Contains: Egg and Milk.**

HAM:

Fully Cooked, Thinly Sliced, Boneless Ham-Water Added - Cured with Water, Salt, Sugar, Contains 2% Or Less: Sodium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite.

SAUSAGE (Fried):

Pork, Salt, Spices (Red Pepper and Black Pepper), Corn Syrup Solids, Dextrose, Monosodium Glutamate, Partially Hydrogenated Soybean Oil, Flavor [Maltodextrin, Grill Flavor (from Soybean Oil), Modified Corn Starch, Corn Syrup Solids].

HASH BROWN ROUNDS (Fried):

Potatoes, Partially Hydrogenated Soybean Shortening, Dehydrated Potato Flakes (Potatoes, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Salt, Corn Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Natural Flavors+, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. + Natural flavors from plant sources. **Contains: Wheat.**

CHEESY TOTS™ Potatoes:

See Site Items

BISCUIT:

Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Partially Hydrogenated Soybean Oil And Cottonseed Oil, Buttermilk, Sugar, Baking Soda, Salt, Sodium Aluminum Phosphate, Sodium Caseinate, Dextrose, Wheat Protein Isolate, Corn Syrup Solids, Natural Flavor, Nonfat Milk. **Contains: Wheat and Milk Ingredients.**

CONTENTS (Continued)**CONDIMENTS, SAUCES, & TOPPINGS:**

Dipping Sauces have ingredients listed on the package

AMERICAN CHEESE (PASTEURIZED PROCESS):

Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sorbic Acid (Preservative), Sodium Phosphate, Artificial Color, Enzymes, Acetic Acid, Lecithin, Artificial Colors may consist of one or more of the following: Annatto Extract, Beta-Apo-8'-Carotenal, Beta-Carotene, Carthaxanthin, Paprika Oleoresin, Turmeric Oleoresin. **Contains: Soy Lecithin and Milk.**

US Grade #1.

LETTUCE, TOMATOES, ONIONS, CARROTS:**BREAKFAST SYRUP:**

Corn Syrup, High Fructose Corn Syrup, Water, Sugar, Modified Corn Starch, Natural+ and Artificial Maple Flavor, Xanthan Gum, Phosphoric Acid, Cellulose Gum, Potassium Sorbate and Sorbic Acid as preservatives, Caramel Color. + Natural Flavors from plant sources.

JAM-GRAPE:

Concord Grapes, Water, Grape Puree Concentrate, Sugar, Corn Syrup, Citric Acid, Pectin, Sodium Citrate.

JAM-STRAWBERRY:

Strawberries (Strawberry Concentrate, Water), Corn Syrup, Sugar, Pectin, Citric Acid.

KETCHUP:

Tomato concentrate made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavors+, + Natural flavoring is plant in origin.

MAYONNAISE:

Soybean Oil, Eggs, Water, Distilled Vinegar, Contains 2% or less of the following: Egg Yolks, Salt, Sugar, Lemon Juice Concentrate, Natural Flavor+, Calcium Disodium EDTA added to protect flavor, Dehydrated Garlic, Dehydrated Onion, Paprika or Paprika Oleoresin. + Natural flavors from plant sources. **Contains: Egg.**

MUSTARD:

Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric.

PICKLES:

Cucumbers, Water, Vinegar, Salt, Calcium Chloride or 1/10 of 1% Sodium Benzoate as a preservative, Alum and/or Propylene Glycol, Polysorbate 80, Natural Flavors+, Yellow #5, Turmeric Oleoresin, Blue #1, Soy Lecithin. + Natural flavors from plant sources. **Contains: Soy Lecithin.**

STEAK SAUCE - (for Angus Steak Burger):

Tomato Paste, Water, High Fructose Corn Syrup, Distilled Vinegar, Sugar, Molasses, Sauced Onion Puree (Yellow Onions, Soybean Oil, Water, Vinegar), Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Spice), Salt, Food Starch-Modified, Contains Less Than 2%: Peppers, Spices, Orange Juice Concentrate, Dehydrate Onion, Citric Acid, Caramel Color, Sodium Benzoate And Potassium Sorbate (As Preservatives), Natural Flavors, Corn Syrup, Dehydrated Garlic, Tamari.

TARTAR SAUCE - (for BK BIG FISH® Sandwich):

Soybean Oil, Sweet Relish (Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Peppers, Xanthan Gum, Sodium Benzoate and Potassium Sorbate As Preservatives, Natural Flavors+), Extractives of (Turmeric), Water, Egg Yolks, Contains less than 2%: High Fructose Corn Syrup, Salt, Distilled Vinegar, Sugar, Dehydrated Onion, Lemon Juice Concentrate, Spice, Natural Flavors, Sodium Benzoate and Potassium Sorbate (as preservatives), Phosphoric Acid, Disodium Sorbate and Disodium Guanylate, Xanthan Gum, Calcium Disodium EDTA added to protect flavor. + Natural Flavors from plant sources. **Contains: Egg and Soy Lecithin.**

BK™ STACKER SAUCE:

Soybean Oil, Sweet Relish (Cured Cucumbers, High Fructose Corn Syrup, Vinegar, Onion, Salt, Red Bell Peppers, Xanthan Gum, Sodium Benzoate And Potassium Sorbate(Preservatives), Natural Flavors, Calcium Chloride, Polysorbate 80, Turmeric), Sugar,

CONTENTS (Continued)

STRAWBERRY SHAKE SYRUP: Corn Syrup, Water, High Fructose Corn Syrup, Citric Acid, Artificial Flavor, Sodium Benzoate (Preservative), and Colored with Red #40.

CHOCOLATE SHAKE SYRUP: High Fructose Corn Syrup, Water, Dextrose, Cocoa (Processed with Alkali), Corn Syrup, Sweet Whey Powder, Salt, Xanthan Gum, Potassium Sorbate (Preservative), Citric Acid, Contains Milk.

COCA COLA® CLASSIC: High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural+ Flavors, Caffeine, +Natural flavors from plant sources.

DIET COKE®: Water, Caramel Color, Phosphoric Acid, Sodium Saccharin, Potassium Benzoate (to protect taste), Natural+ Flavors, Citric Acid, Caffeine, Potassium Citrate, Aspartame, Dimethylpolysiloxane, +Natural flavors from plant sources.

SPRITE®: High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural+ Flavors, Sodium Citrate, Sodium Benzoate, Dimethylpolysiloxane, +Natural flavors from plant sources.

DR PEPPER®: High Fructose Corn Syrup, Water, Caramel Color, Artificial and Natural+ Flavor, Phosphoric Acid, Caffeine, Sodium Benzoate (Preservative), and Dimethylpolysiloxane, +Natural flavors from plant sources.

ICEE® - COCA COLA CLASSIC®: High Fructose Corn Syrup and/or Sucrose, Water, Caramel Color, Phosphoric Acid, Natural+ Flavors, Citric Acid, Yucca Extract, +Natural flavors from plant sources.

ICEE® - MINUTE MAID® CHERRY: High Fructose Corn Syrup and/or Sucrose, Water, Citric Acid, Natural+ and Artificial Flavors, Quillaia, Sodium Benzoate (to protect taste), Yucca Extract, Red #40, +Natural flavors from plant sources.

FRIED PRODUCTS:

French Fries are cooked in a fryer designated for French Fries only.

These products are fried in a shared fryer: BK BIG FISH® Filet, Pork Sausage, TENDERCRISP® Chicken, CHICKEN TENDERS®, BK™ Chicken Fries, Original Chicken Patty, SLOJOY CHICK'N CRISP™ Patty.

Hashbrowns, CHEESY TOTSTM Potatoes, French Toast Sticks, French Toast Sandwich Bread, and Onion Rings. Currently, we use PARTIALLY HYDROGENATED SOYBEAN OIL in our fryers, which does contain trans fats.

However, some BURGER KING® restaurants may be using a trans fat free vegetable oil. Foods that contain Partially Hydrogenated Vegetable Oil in the ingredient statement usually contain some trans fats.

FOOD ALLERGEN INFORMATION

Please note:

This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication: September 2007. Test or Regional products have not been included. The information on this list is reported to us by our suppliers and is based on Burger King Corporation's standard product formulations. Variations may occur depending on the supplier and on product assembly at a restaurant-by-restaurant basis. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products.

Burger King Corporation, its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your healthcare practitioner for questions regarding your diet. We encourage anyone with food sensitivity, allergies, or special dietary needs to check www.bk.com on a regular basis to obtain the most up-to-date information about our food before you order. If you have specific questions about our menu, call:

Burger King Consumer Relations Department
(305) 378-3535 (Monday-Friday 9 a.m.-5 p.m. ET)
or mail inquiries:

Burger King Corporate Office
Attn: Consumer Relations Department 5505 Blue Lagoon Drive
Miami FL 33176

CONTENTS (Continued)

CROISSANT (CROISSANTWICH®): Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Skim Milk, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oils, Milk, Salt, Monoglycerides, Sodium Benzoate (Preservative), Annatto (Color)), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less: Salt, Calcium Propionate (Preservative), Soy Lecithin, Egg Yolk, Corn Syrup, Wheat Gluten, Sodium Caseinate, Wheat Proteins, Soy Flour. Contains: Egg, Milk, Soy and Wheat.

CNI-MINIS:

Bleached Enriched Flour (Bleached Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Margarine (Partially Hydrogenated Vegetable Oil (Soybean, Cottonseed)), Water, Nonfat Milk, Cultured Nonfat Milk, Salt, Mono- And Diglycerides, Soy Lecithin, Vitamin A Palmitate, Artificially Flavored, Sugar, High Fructose Corn Syrup, Partially Hydrogenated Vegetable Oil (Soybean, Cottonseed), Dextrose, Cinnamon, Eggs, Molasses, Vital Wheat Gluten, Wheat, Yeast, Salt, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Sodium Caseinate, Modified Tapioca Starch, Dextrose, Mono- And Diglycerides, Natural And Artificial Flavor, Artificial Color, Nonfat Milk, Soy Lecithin, Calcium Phosphate, Calcium Oxide, Azodicarbonamide, L-Cysteine Hydrochloride, Ascorbic Acid. Contains: Wheat, Milk, Egg and Soy Lecithin.

VANILLA ICING:

Liquid sugar, icing sugar, partially hydrogenated vegetable oil (soybean and cottonseed), and/or canola oil, dextrose, sorbitol, salt, natural and artificial flavor, potassium sorbate (as preservative), xanthan gum, polysorbate 80, citric acid, corn starch.

FRENCH TOAST STICKS (Fried):

Bread: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Yeast, Contains 2% Or Less Of Each Of The Following: Partially Hydrogenated Soybean Oil, Cottonseed Oil, Wheat Gluten, Salt, Corn Flour, Dough Conditioners (May Contain One Or More Of The Following: Mono- And Diglycerides, Ethoxylated Mono- And Diglycerides, Calcium And Sodium Stearoyl Lactylates, Calcium Iodate, Calcium Peroxide, Ascorbic Acid, Azodicarbonamide, Enzymes), Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Corn Starch, Natural Flavor, Glycerol Monolaurate, Polysorbate 60, Calcium Propionate Added To Retard Spoilage, Turmeric And Paprika Extractives, Soy Lecithin, Soy Flour, Batter And Breading: Water, Bleached Wheat Flour (Enriched With Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Sugar, Yellow Corn Flour, Soy Flour, Contains 2% Or Less Of The Following: Dextrose, Modified Corn Starch, Salt, Lecithin, Gum Arabic, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Yeast, Glycerine, Natural And Artificial Flavor, Polysorbate 80, Carrageenan. Ingredients are from plant sources. Fried In Soybean Oil. Contains: Wheat and Soy Ingredients.

DRINKS:

(note: certain drinks are not included because ingredient information appears on the packages of the drinks)

BK JOE® COFFEE (REGULAR & TURBO): Prestige Liquid Coffee Extract and Water.

BK JOE® DECAF COFFEE: Prestige Decaffeinated Liquid Coffee Extract and Water.

SHAKE MIX:

Milkfat and Nonfat Milk, Sugar, Sweet Whey, High Fructose Corn Syrup, Corn Syrup, Natural+ and Artificial Vanilla Flavor, Guar Gum, Mono- And Diglycerides, Cellulose Gum, Sodium Phosphate, Carrageenan, +Natural flavors from plant sources. Contains Milk.

NUTRITIONAL INFORMATION - for most current information please visit www.bk.com

WHOPPER® Sandwiches	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
WHOPPER® Sandwich	670	39	11	1.5	95	1020	51	3	11	28	290
WHOPPER® Sandwich w/o Mayo	510	22	9	1	80	880	51	3	11	28	269
WHOPPER® Sandwich with Cheese	760	47	16	1.5	115	1450	52	3	11	33	315
WHOPPER® Sandwich with Cheese w/o Mayo	600	30	14	1.5	100	1310	52	3	11	32	294
DOUBLE WHOPPER® Sandwich	900	57	19	2	175	1090	51	3	11	47	373
DOUBLE WHOPPER® Sandwich w/o Mayo	740	39	17	2	160	950	51	3	11	47	352
DOUBLE WHOPPER® Sandwich with Cheese	990	64	24	2.5	195	1520	52	3	11	52	398
DOUBLE WHOPPER® Sandwich with Cheese w/o Mayo	830	47	22	2	180	1380	52	3	11	52	376
TRIPLE WHOPPER® Sandwich	1130	74	27	3	255	1160	51	3	11	67	456
TRIPLE WHOPPER® Sandwich w/o Mayo	980	57	24	2.5	240	1020	51	3	11	66	434
TRIPLE WHOPPER® Sandwich With Cheese	1230	82	32	3.5	275	1590	52	3	11	71	480
TRIPLE WHOPPER® Sandwich With Cheese w/o Mayo	1070	65	29	3	260	1450	52	3	11	71	459
WHOPPER JR.® Sandwich	370	21	6	0.5	50	570	31	2	6	15	158
WHOPPER JR.® Sandwich w/o Mayo	290	12	4.5	0	40	490	31	2	6	15	147
WHOPPER JR.® Sandwich with Cheese	410	24	8	1	60	780	32	2	6	18	170
WHOPPER JR.® Sandwich with Cheese w/o Mayo	330	16	7	0.5	55	710	31	2	6	17	149
Bacon (1 Strip)	15	1	0	0	5	50	0	0	0	1	2.5
Fire-Grilled Burgers	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Hamburger	290	12	4.5	0	40	560	30	1	6	15	121
Quarter Pounder	330	16	7	0.5	55	780	31	1	6	17	133
Double Hamburger	410	21	9	1	85	600	30	1	6	25	164

NUTRITIONAL INFORMATION (continued)

Fire-Grilled Burgers (cont.)		Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Double Cheeseburger		500	29	14	1.5	105	1030	31	1	6	30	189
BK™ Double Stack		610	39	16	1.5	125	1100	32	1	5	34	190
BK™ Triple Stack		800	54	23	2	185	1450	33	1	5	48	250
BK™ Quad Stack		1000	68	30	3	240	1800	34	1	6	62	311
The Angus Steak Burger		640	33	10	1.5	185	1260	55	3	10	33	273
Chicken, Fish, & Veggie		Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
TENDERGRILL® Chicken Sandwich		510	19	3.5	0.5	75	1180	49	4	7	37	258
TENDERGRILL® Chicken Sandwich w/o Mayo		400	7	1.5	0	70	1090	49	4	7	36	244
TENDERCRISP® Chicken Sandwich		790	44	8	4	70	1640	68	5	9	33	284
Original Chicken Sandwich		660	40	8	2.5	70	1440	52	4	5	24	219
Original Chicken Sandwich w/o Mayo		450	17	4	2	50	1250	52	4	5	23	190
Spicy CHICK'N CRISP™ Sandwich		480	31	5	2	45	870	36	1	4	15	144
Spicy CHICK'N CRISP™ Sandwich w/o Mayo		320	13	2.5	1.5	30	730	36	1	4	15	122
CHICKEN TENDERS® Kid's Meal 4 pc		170	10	2.5	1.5	25	480	11	0	0	9	62
CHICKEN TENDERS® 5 pc		210	12	3	2	35	600	13	0	0	12	77
CHICKEN TENDERS® Big Kid's Meal 6 pc		250	15	3.5	2.5	40	720	16	0	0	14	92
CHICKEN TENDERS® 8 pc		340	20	5	3	55	960	21	<1	1	19	123
Barbecue Dipping Sauce (1 oz)		40	0	0	0	0	310	11	0	10	0	28
Honey Mustard Dipping Sauce (1 oz)		90	6	1	0	10	180	8	0	7	0	28
Sweet and Sour Dipping Sauce (1 oz)		45	0	0	0	0	55	11	0	10	0	28
Ranch Dipping Sauce (1 oz)		140	15	2.5	0	5	95	1	0	1	1	28
BK™ CHICKEN FRIES 6 pc		260	15	3.5	3	35	650	18	2	1	12	85
BK™ CHICKEN FRIES 9 pc		390	23	5	4.5	50	980	26	3	1	18	128
BK™ CHICKEN FRIES 12 pc		520	31	7	6	65	1300	35	4	2	25	170
Buffalo Dipping Sauce (1 oz)		80	8	1.5	0	5	350	2	0	1	0	28
BK BIG FISH® Sandwich w/o Tartar Sauce		640	32	6	2.5	65	1450	67	3	9	24	249
BK VEGGIE® Burger** w/ Cheese		420	16	2.5	0	10	1100	46	7	8	23	215
BK VEGGIE® Burger** w/o Mayo		470	20	5	0	20	1320	47	7	9	25	228
BK VEGGIE® Burger** w/o Mayo		340	8	1	0	0	1030	46	7	8	23	205
Side Orders		Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
MOTT'S® Strawberry Flavored Apple Sauce		90	0	0	0	0	0	23	<1	21	0	113
Onion Rings - Small		140	7	1.5	1	0	210	18	2	2	2	43
Onion Rings - Medium		310	15	3.5	2.5	0	440	37	3	4	4	91
Onion Rings - Large		440	22	4.5	4	0	620	53	5	6	6	130
Onion Rings - King		500	25	5	4.5	0	720	62	5	7	7	150
Zesty Onion Ring Dipping Sauce (1 oz)		150	15	2.5	0	15	210	3	<1	2	0	28
CHEESY TOTS™ Potatoes - Small (6 pc)		210	12	4.5	2	20	650	20	2	1	7	77
CHEESY TOTS™ Potatoes - Medium (9 pc)		320	18	7	3	30	970	30	2	2	10	115
CHEESY TOTS™ Potatoes - Large (12 pc)		430	24	9	4	40	1300	40	3	2	14	153
French Fries - Small (Salted)		230	13	3	3	0	380	26	2	1	2	74
French Fries - Medium (Salted)		360	20	4.5	4.5	0	590	41	4	1	4	116
French Fries - Large (Salted)		500	28	6	6	0	820	57	5	1	5	160
French Fries - King (Salted)		600	33	8	7	0	990	69	6	2	6	194
French Fries - Small (Salt not added)*		230	13	3	3	0	240	26	2	1	2	74
French Fries - Medium (Salt not added)*		360	20	4.5	4.5	0	380	41	4	1	4	116
French Fries - Large (Salt not added)*		500	28	6	6	0	530	57	5	1	5	160
French Fries - King (Salt not added)*		600	33	8	7	0	640	69	6	2	6	194
Salads (w/out dressing or garlic parmesan croutons)		Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Side Garden Salad		15	0	0	0	0	0	3	1	1	1	98
TENDERGRILL® Chicken Garden Salad		240	9	3.5	0	80	720	8	4	3	33	292
TENDERCRISP® Chicken Garden Salad		410	22	6	3.5	70	1080	26	5	5	29	306
Garden Salad (no chicken)		90	5	2.5	0	15	125	7	3	3	5	184
Salad Dressings & Toppings & Condiments		Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
KEN'S® Light Italian Dressing (2 oz)		120	11	1.5	0	0	440	5	0	4	0	57
KEN'S® Ranch Dressing (2 oz)		190	20	3	0	20	560	2	0	1	1	57
KEN'S® Creamy Caesar Dressing (2 oz)		210	21	4	0	25	610	4	0	3	3	57
KEN'S® Honey Mustard Dressing (2 oz)		270	23	3	0	20	520	15	0	14	1	57
KEN'S® Fat Free Ranch Dressing (2 oz) (Restaurant Option)		60	0	0	0	0	740	15	2	5	0	57
Garlic Parmesan Croutons		60	2	0	0	0	120	9	0	1	1	14
Ketchup (Packet)		10	0	0	0	0	125	3	0	2	0	10
Mayonnaise (Packet)		80	9	0.5	0	10	75	1	0	0	0	12
Desserts		Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Dutch Apple Pie		300	13	3	3	0	270	45	1	23	2	108
HERSHEY'S® Sundae Pie		310	19	12	0	10	220	32	1	22	3	79
Breakfast		Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
CROISSAN'WICH® Egg & Cheese		300	17	6	2	145	740	26	<1	5	12	115
CROISSAN'WICH® Sausage & Cheese		370	25	9	2	50	810	23	<1	4	14	106
CROISSAN'WICH® Sausage, Egg & Cheese		470	32	11	2.5	180	1060	26	<1	5	19	159
CROISSAN'WICH® Ham, Egg & Cheese		340	18	6	2	160	1230	26	1	6	18	149
CROISSAN'WICH® Bacon, Egg & Cheese		340	20	7	2	155	890	26	<1	5	15	122
DOUBLE CROISSAN'WICH™ w/ Sausage, Egg, & Cheese		680	51	18	3	220	1590	26	1	6	29	215
DOUBLE CROISSAN'WICH™ w/ Bacon, Egg, & Cheese		430	27	10	2	175	1250	27	<1	6	21	142
DOUBLE CROISSAN'WICH™ w/ Ham, Egg, & Cheese		420	23	9	2	185	2210	27	1	7	27	196
DOUBLE CROISSAN'WICH™ w/ Sausage, Bacon, Egg, & Cheese		550	39	14	2.5	200	1420	27	1	6	25	179
DOUBLE CROISSAN'WICH™ w/ Ham, Bacon, Egg, & Cheese		420	24	9	2	180	1600	27	1	7	24	169

NUTRITIONAL INFORMATION (continued)

Breakfast (cont.)	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
DOUBLE CROISSANT WICH™ w/ Ham, Sausage, Egg, & Cheese	550	37	14	2.5	205	2040	27	1	6	28	206
Enormous Omelet Sandwich	730	45	16	1	330	1940	44	2	8	37	266
Ham Omelet Sandwich	330	14	5	0	90	1130	35	1	9	16	139
Sausage Biscuit	390	26	8	5	35	1020	28	1	2	12	118
Ham, Egg, & Cheese Biscuit	390	22	7	5	145	1410	31	1	4	16	156
Sausage, Egg, & Cheese Biscuit	530	37	12	6	175	1490	31	1	4	20	183
Bacon, Egg & Cheese Biscuit	410	25	8	5	150	1320	31	1	4	16	146
Hash Browns - Small	260	17	4.5	5	0	500	25	2	0	2	84
Hash Browns - Medium	430	28	8	9	0	830	42	4	0	4	140
Hash Browns - Large	620	40	11	13	0	1200	60	6	1	5	202
CHEESY TOTS™ Potatoes - See Side Orders											
Cini-minis	390	18	5	4	20	560	51	2	19	7	108
Vanilla Icing (for Cini-minis)	110	3	0.5	0.5	0	40	21	0	20	0	28
French Toast Sticks (3 piece)	240	13	2.5	2	0	260	26	1	6	4	65
French Toast Sticks (5 piece)	390	22	4.5	3	0	440	43	2	9	7	109
French Toast Kid's Meal (with syrup)	680	24	6	3	10	590	100	3	55	15	494
Grape Jam	30	0	0	0	0	0	7	0	6	0	12
Strawberry Jam	30	0	0	0	0	0	7	0	6	0	12
Breakfast Syrup	80	0	0	0	0	20	21	0	14	0	28
Shakes, Milk, & Iced Coffee	Calories	Total fat (g)	Saturated fat * (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber(g)	Total Sugars (g)	Protein (g)	Serving Size (g)
Mocha BK JOE® Iced Coffee	380	10	6	0	40	290	66	1	63	6	452
HERSHEY'S 1% Low Fat Milk	110	2.5	1.5	0	10	130	13	0	12	8	244
HERSHEY'S 1% Low Fat Chocolate Milk	180	2.5	1.5	0	15	140	31	1	29	9	250
Vanilla Milk Shake - Small	400	15	9	0	60	240	57	0	55	8	296
Vanilla Milk Shake - Medium	580	21	13	0.5	85	330	79	0	77	11	412
Vanilla Milk Shake - Large	820	30	19	1	125	490	117	<1	114	16	608
Chocolate Milk Shake - Small	470	14	9	0	55	320	75	1	72	8	315
Chocolate Milk Shake - Medium	690	20	12	0	75	480	114	2	110	11	447
Chocolate Milk Shake - Large	950	29	19	0.5	115	640	151	2	146	16	640
Strawberry Milk Shake - Small	460	14	9	0	55	240	73	0	71	7	314
Strawberry Milk Shake - Medium	660	19	12	0	75	330	111	0	109	10	444
Strawberry Milk Shake - Large	930	28	18	0.5	115	490	148	<1	145	15	637
OREO® Sundae Shake - Vanilla - Small	610	24	16	0.5	60	400	87	1	78	8	351
OREO® Sundae Shake - Vanilla - Medium	830	33	20	1	85	570	119	2	105	13	479
OREO® Sundae Shake - Chocolate - Small	680	24	15	0.5	55	480	105	2	95	9	369
OREO® Sundae Shake - Chocolate - Medium	960	32	20	0.5	75	720	154	3	138	13	515
OREO® Sundae Shake - Strawberry - Small	660	23	15	0.5	55	380	103	1	94	9	367
OREO® Sundae Shake - Strawberry - Medium	940	31	19	0.5	75	550	151	2	136	12	512

*Saturated Fat (g): *Does not include Trans Fat.

BK VEGGIE® Burger™: **Burger King Corporation makes no claim that the BK VEGGIE® Burger or any other of its products meets the requirements of a vegan or vegetarian diet. This product is NOT cooked on any equipment with meat or poultry products.

*To reduce sodium, you can order french fries without added salt.

Beverages

	COCA COLA® CLASSIC†					SPRITE†					DR. PEPPER†					DIET COKE†				
Cup Serving Size*: Kids	Small	Medium	Large	King		Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King	Kids	Small	Medium	Large	King
Calories	110	140	200	290	390	110	140	200	290	390	110	140	200	280	380	0	0	0	0	5
Carbohydrate (g)	30	39	53	79	104	29	39	53	79	104	29	39	52	78	104	0	0	0	0	0
Sugar (g)	30	39	53	79	104	29	39	53	79	104	29	39	52	78	104	0	0	0	0	0
Sodium (mg)	0	0	0	5	10	25	40	45	65	85	25	35	50	70	95	10	15	20	25	35
	BK JOE® Regular Coffee†					BK JOE® Turbo Coffee†					BK JOE® Decaf Coffee†					*Cup Serving Sizes (fl. oz.)				
Cup Serving Size*: Small	Medium	Large			Small	Medium	Large			Small	Medium	Large				Kids: 12	Small: 16	Medium: 22	Large: 32	King: 42
Calories	5	10	10		10	10	15			5	5	5								
Carbohydrate (g)	1	1	2		1	2	2			0	0	0								
Sugar (g)	0	0	0		0	0	0			0	0	0								
Sodium (mg)	15	20	25		20	30	40			5	10	10								
Protein (g)	1	1	1		1	1	2			1	1	1								
	MINUTE MAID® Apple Juice					MINUTE MAID® Orange Juice					AQUAFINA® Water					ICEE® COCA COLA CLASSIC†				
Cup Serving Size*: 6.67 oz.					8 oz.					16 fl. oz.						Small	Medium			
Calories	90				140					0						110	140			
Carbohydrate (g)	23				33					0						31	40			
Sugar (g)	21				30					0						31	40			
Sodium (mg)	15				20					0						5	10			
Protein (g)	0				2					0						0	0			
Vitamin C (mg)	60				42					0						0	0			
	ICEE® MINUTE MAID® Cherry†																			

Beverages ††: These values represent Sodium derived from ingredients other than water. The actual amount of Sodium in the beverages will vary depending on the quantity contained in the water supply where the finished beverages are produced.

TM & © 2007 Burger King Brands, Inc. All Rights Reserved. © 2007 The Coca-Cola Company. "Coca-Cola," "Coca-Cola Classic," "Diet Coke," "Sprite," "ICEE" and "Minute Maid" are registered trademarks of the Coca-Cola Company. All Rights Reserved. DR. PEPPER is a registered trademark of Dr. Pepper/Seven Up, Inc. © 2007. CHEESY TOTS™ is a trademark of H.J. Heinz Company and used under license by Burger King Corporation. Mott's is a registered trademark of Mott's LLP. © All Rights Reserved. The HERSHEY'S trademark and trade dress are used under license.

This information provided by Burger King Corporation regarding our food is as complete as possible at the time of this publication. September 2007. Test or Regional products have not been included. The source of this information is reported to us by our suppliers or is lab tested "as served" by an accredited laboratory. We use ESHA Research Genesis R&D Software to calculate this nutritional data. Variations may occur depending on the season, the supplier and product preparation at your local restaurant. Product formulations may change periodically, we continue to update this list to reflect changes that occur in our products. Please check www.bk.com on a regular basis for the most up-to-date nutritional information.

Note: NYC & Philadelphia Residents: We have changed fry oils to a trans fat free oil in the restaurants in your area. However, some products still contain partially hydrogenated oil in the formulation, and therefore, may have some trans fat. These nutritional values will not appropriately reflect the level of trans fat in products served in these areas. In many cases, the level of trans fat will be less than reflected in this brochure. These nutritional values apply to the rest of the U.S. where the fry oil used is partially hydrogenated soybean oil, which does contain trans fat.